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ABSTRACT

This review of the literature on recreation for the rural elderly is organized into seven sections. The first section is a brief overview of the values and socio-economic characteristics of the rural elderly. In the next section, studies on the leisure interests and the recreation participation patterns of the rural elderly are presented. The third section is a compilation of representative program descriptions obtained through literature review and contacts with agencies on aging. Factors affecting the provision of services to the rural elderly comprise the fourth section and include transportation, attitudes, publicity needs, socioeconomic conditions, cultural diversity, sex differences, and health factors. The fifth section outlines various approaches to meet the recreational needs of the rural aged. A summary section presents an overview of the state-of-the-art in the provision of recreation services to the rural aged, as well as conclusions and recommendations related to improving the quality of such services. The final section is an annotated bibliography of 83 research studies, reports, and programs related to aspects of recreation and the rural elderly. (Author/NRB)

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RECREATION AND THE RURAL ELDERLY

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Introduction

Recreation for the elderly, in its diverse forms, can be shown to improve participants' self-concepts, establish or reinforce social networks, provide meaningful activity to otherwise empty time, and to maintain or better physical functioning. It can also fail to realize its potential. It can be shown to be considered irrelevant, outside the daily lives of some older persons. This report focuses on the potentials and realities of recreation for the elderly in rural areas.

This report addresses the issue of recreational services for the rural aged. Special areas of concern include recreation needs, attitudes and interests of the rural elderly, factors affecting the provision of recreational services to them, and solutions to meeting better their recreational needs.

In order to address these topics comprehensively this report used a variety of human and material sources of information on recreation and the rural aged. One source was direct contact with Area Agencies on Aging serving rural elderly. Several national organizations also provided needed information. Among them were: the American Association of Retired Persons - National Retired Teachers Association, the National Council on Aging, the National Recreation and Park Association, the National Rural Center, and Rural America. Computer-assisted literature searches were conducted by the University of Maryland's Center on Aging and the National Clearinghouse on Aging's SCAN Social Practice Resource Center. Some of the more helpful sources of literature on recreation for the elderly included: Aging Magazine, Dissertation Abstracts International, The Gerontologist, the Journals of Gerontology, Leisure Research and Rural Sociology, Leisurability, Masters Abstracts, Therapeutical Recreation Journal, and miscellaneous books, monographs and reports.

The accompanying annotated bibliography, and the present narrative report are the results of investigating the above-mentioned sources of information.

In addition, some orienting observations are warranted at the outset. In conducting this study, literature and programs of primary concern were those that directly dealt with all three major topics of the study (i.e., recreation, the aged, and rural areas and small communities). The criterion for inclusion in the bibliography was that an item had to be directly related to at least two of the major topic areas and indirectly related to the third.

Also, future researchers should be aware of certain intrinsic difficulties in locating relevant materials on this subject area. One problem is that many studies and reports which are, in fact, concerned with the rural elderly do not identify themselves as focusing on rural populations. A number of studies on the rural aged do not have "rural" or related words in the title, and some do not mention "rural" in the manuscript at all, even though the study was apparently conducted in a rural area. These same situations were found for "recreation" and for "aged" as well. As a result, computer-assisted literature searches keyed only to obvious descriptors may well prove unfruitful. In conducting our literature search we found that recreation programs for the rural aged may be provided under the rubric of nutrition or social service programs. These facts should be considered in future searches focusing on recreation and the rural aged.

Operational Definitions

For the purposes of this study, broad definitions of "rural" and "recreation" were derived from the Heritage Conservation and Recreation Service document, Rural Areas and Small Communities Assessment, while common acceptance directed our definition of "aged."

> Rural refers to all those people who live outside of Standard Metropolitan Statistical Areas (SMSAs)--whether they live on farms, in the open countryside, or in villages, towns or cities of up to 50,000 population--and all residents of those towns within SMSAs which are defined as rural because of small populations (5,000 or less).

In practice studies and programs employed definitions of rural more or less compatible with this definition; some did not define rural.

> Recreation refers to any activity in which an individual participates during free time and in which he or she does voluntarily. The following activities are considered recreational: arts and crafts, cultural and heritage activities, reading, dance, drama, nature activities, hobbies, entertainment, mental and literary activities, travel, music, social activities, special event activities, sports, games, physical fitness activities, and voluntary service.

Aged refers to persons age 60 years and over. Age 60 is frequently used as a minimum age restriction for participation in recreation services for older people. The terms "seniors," "senior citizens," "elderly," "older adults," and "older persons" are also used in this paper to denote persons age 60 and over.

Organization of the Paper

The narrative report, derived from the annotated bibliography and the other sources, is organized into six sections; the bibliography itself comprises the seventh. These sections are:

1. Needs of the rural elderly.

This section is a very brief overview of pertinent value and socio-economic characteristics.

2. Leisure activities of the rural aged.

Here are presented studies on the leisure interests and the recreation participation patterns of the rural elderly. Topics covered in this section of the paper include: studies on the attitudes of the rural aged toward leisure and recreation, studies on activity interests of the rural aged, studies comparing recreation interests and participation patterns of rural and urban aged, and research on recreation needs and interests of rural persons of different age groups.

3. Existing programs of recreation for the rural aged.

This compilation of representative program descriptions was obtained through literature review and through contacts with national organizations and Area Agencies on Aging.

4. Factors affecting the provision of services to the rural aged.

Factors discussed in this section include: transportation, attitudes of rural persons, publicity needs, living conditions and socio-economic status, ethnic and cultural diversity, sex differences, educational level, health status of service recipients, climate and geographic location, and staff considerations.

5. Approaches to meeting the recreational needs of the rural aged.

This section outlines attempts at bridging the gaps between potentials and realities. Approaches discussed include: improved transportation and access services, citizen input and natural focal points, publicity and outreach techniques, institutional improvements, removal of architectural barriers to recreation participation, and funding possibilities.

6. Summary, conclusions and recommendations.

This section presents an overview of the state-of-the-art in the provision of recreation services to the rural aged, as well as conclusions and recommendations related to improving the quality of recreation services for the rural aged.

7. Recreation needs of and services for the rural elderly: An annotated bibliography.

This section contains annotations of some 83 research studies, reports, programs and other items related to aspects of recreation and the rural elderly.

1. Needs of the Rural Elderly

Of particular interest to the planner of recreation services for the rural elderly are the values, needs, and attitudes of this population. These seem to differ not only from those of the urban elderly, but also, to some degree, from those of younger rural persons (Blake and Lawton, 1980). Ansello (1980) suggests that the rural elderly may constitute a sub-culture within the rural environment. More than their urban counterparts rural elderly tend to value independence, work or "doing," and the informal support network of friends and family. This may require differential planning for the rural elderly, as well as an awareness that even in the same environment elderly recreation "consumers" and younger "service providers" may see recreation needs and importance differently (Berry and Stinson, 1977).

Adding to the difficulty in planning recreation services for the rural elderly is the tremendous size and diversity of this population. While those over age 60 account for about 3 people out of every 20 of America's total population, they comprise some 5 of every 20 rural inhabitants. Depending on one's definition of "rural," rural elderly total upwards of two-fifths of the nation's elderly. Further, in 28 of the 50 states, 40% or more of the state's older population lives in rural areas (Harbert and Wilkinson, 1979). Rural elderly are also very diverse. Their recreation needs and practices express themselves differently by region, in Appalachia, the Deep South, the north central plains and elsewhere. This makes drawing conclusions from the limited research extremely tenuous.

Compounding the problems that size and diversity create for the planner of recreation services is the economics of aging in a rural area. Almost half of all elderly citizens who live at or below the poverty level are rural residents; the median income of a rural family with an elderly head-of-household

is approximately 80% that of their urban counterparts; the incidence of poverty among the rural elderly (21%) is nearly twice that among the urban elderly (12%); and, although some 44% of all poor elderly live in rural areas, these areas receive only 18% of the federal grant money targeted for the elderly (Harbert and Wilkinson, 1979).

Another consideration is that the recreational needs of rural elderly men and women must also be differentiated. Kivett and Scott (1979) and Hooyman and Scott (1980) note that the numbers of elderly rural women are growing disproportionately, and that widows and women with no children or only one child comprise significant percentages of all rural elderly. These data have implications for program planning, especially with regard to the social element of recreation services. Jacobs (1974) points out that the primarily female orientation of senior center activities and an emphasis on the "leisure ethic" may conflict with the "work ethic" of many rural older men. Additionally, recreational needs of rural elderly minorities remain to be clarified, as very little research has been conducted in this area. Lambing (1972) and Watson (1980) examine differences in recreational activities between blacks and whites, while the Goldenrod Hills Community Action Council (n.d.) contrasts recreational pursuits of native Americans and whites. It is not clear, however, if observed differences are due to race or to socio-economic status, health, education or other characteristics.

Other considerations in designing recreation programs for the rural elderly include misconceptions held by service providers and planners who may not have been raised in rural settings, difficulties in locating interested participants because of geography and lack of outreach mechanisms, financial and administrative insufficiencies within programs, and the attitudes of the rural elderly themselves toward government programming in general and recreational programming in particular.

Although there is some disagreement among authors, Ward (1979) notes that the rural elderly see activities as being more meaningful if they yield feelings of achievement, creativity, or helping others, and that perceived meaningfulness is an important factor in determining whether or not a program will be used. Coward (1979) notes the need for diverse programming, as the rural elderly present a greater diversity than their urban counterparts, and as the elderly population in a rural area likely encompasses a thirty to forty year span. A primary concern in determining the kinds of services to be delivered should be that adequate opportunity for input by the rural elders of the region and by respected local citizens be provided, as only through such input will programs be consistent with the values, needs and attitudes of the local older citizenry; and only through such efforts will the local elderly come to identify with the program. Reiss (1979) observed that rural older people want "to be asked", rather than to "be told". Local value, needs and identity must be maintained if a program is to succeed.

2. Leisure Activities of the Rural Aged

Considerations in Interpreting the Literature

As has been noted earlier, the rural elderly demonstrate a great diversity in backgrounds and interests. It is important to recognize, therefore, that research findings drawn from one particular sub-group may have limited generalizability. Inter-regional differences are likely to be persistent, as well as intra-regional differences. Further, different cohorts, or age groups, within the sixty-plus age bracket are likely to demonstrate different recreational interests (Hoar, 1961).

Much of the literature on leisure activity interests involves interviews or self-report questionnaires as primary data collection techniques. One of the short-comings of this methodology is the tendency of subjects to give

responses that they think are socially acceptable, rather than to divulge their true feelings. Suspicion on the part of the rural elderly towards outsiders, government, and "being helped" may further undermine response data (DeJong and Bishop, 1980). Rural older people seem reluctant to divulge "private" information. Indeed, Auerbach (1976), reports that eighty-five percent of his respondents reported no needs at all. Another limitation is the difficulty in obtaining information from the frail and impaired rural elderly. Recognizing the shortcomings of such research techniques, future studies should employ a variety of methods of data collection including the use of archival data and behavioral observation. These points notwithstanding, the present literature on the leisure activities of the rural aged provides some valuable insights.

Studies of Attitudes Toward Leisure and Recreation

Several studies deal with the attitudes of the rural elderly toward leisure and recreation. DiGrino and McMahon (1979) examine the relationships among early recollections of older persons, their leisure attitudes, and recreation participation patterns by conducting interviews with 90 elderly residents of a small west-central Illinois community. This study reports that early childhood recollection is not significantly related to leisure attitudes nor to hours of recreation participation. The data of the study do indicate a significant positive relationship between leisure attitude scores and weekly hours of participation in recreational activities. Although the small sample size might limit the generalizability of the study, this research nevertheless indicates the importance of leisure attitudes in determining recreation activity patterns.

In a related vein, Gunter (1979) assesses the recreational needs of 250 rural older persons. The majority of the study subjects indicate satisfaction with their lives, do not consider health or economic problems to interfere with recreational pursuits, and prefer intergenerational versus age-segregated activity.

Keating and Marshall (1980) examine the recreation orientation of 25 farm and 24 non-farm couples retiring in rural Alberta. The subjects report that the most desirable aspects of retirement are increased time for involvement in hobbies and for travelling. Another finding is that 70% of the sample view making friends as relatively unimportant, most subjects seeing no need to develop new hobbies or join clubs once retired.

These results suggest that recreation planners should not assume that the rural aged have a greater need than other populations to develop activity interests and social relationships.

With regard to activity interests, several studies focus on recreational interests of the rural aged. Barnett's (1975) study on the leisure activity preferences of older persons indicates that they prefer activities participated in as youths. The implication here is that rural recreation workers should build first upon recreation interests the rural aged pursued earlier in their lives, before trying to introduce "new" or unfamiliar activities. The Goldenrod Hills Community Action Council (no date) reinforces the point, saying that "it is impossible to graft recreational past-times of an intellectual or cultural nature onto the tag ends of working class lives." Although this statement should not be generalized to all older persons, the useful suggestion it makes is: do not force upon older people activities in which they have never been interested. The Goldenrod Hills project, involving nutrition and social interaction programs for elderly Nebraskans, shows mixed results. The authors report that some of the more successful activities in the program include looking at photograph collections, talking about grandchildren, bingo, and visiting the sick among their peers, while unsuccessful activities in this program include watching movies, discussions on current events and books, and listening to records of talking books. The study shows some variation in

activities among the target populations, bingo being the favorite activity of Caucasian elderly; a mixed group of Winnebago Indians and Caucasians showed little interest in activities; and Omaha Indians preferred Indian games and visiting. Regional, ethnic and linguistic considerations, however, may confound these findings.

Several surveys investigate the recreational interests of the rural aged. Hoar (1961) reports the leisure activities of 200 elderly in Oxford, Mississippi. In this study, characteristic activities of males in their sixties include gardening, television viewing, and fishing or hunting. Men in their seventies participate in television viewing, resting, gardening, and reading, while men in their eighties mainly engage in loafing, reading, and gardening. Women in their sixties and seventies enjoy reading, visiting, and watching television, while women in their eighties participate more in sewing, reading, resting, and gardening. Similarly, Grant's (1980) survey on the recreational interests of older people suggests that favorite activities are entertainment, picnics, concerts, bingo and festivals.

In contrast, Ward (1979), having interviewed 323 elderly Wisconsin residents in a study on the meaning of voluntary association to the aged, concludes that certain types of activity are more meaningful when they yield feelings of achievement, creativity, or helping others. Purely social activities, such as games, are seen as less meaningful by the subjects.

Youmans and Larson's (1977) study of 399 elderly residents of Powell County, Kentucky indicates that 30% of the subjects feel a need for recreational activities such as "playing games, doing crafts, or visiting." Forty-five percent of the female subjects and 29% of the males emphasize this need.

A larger study on this topic was conducted by Pihlblad, Hessler, and Freshley (no date). Some 1,700 elderly in rural areas of Missouri were

interviewed in 1966; follow-up interviews were conducted in 1973-74 with 568 of these subjects (representing 69% of the survivors from the 1966 interviewees). The subjects report low participation in formal social activity aside from membership and attendance at religious services. The female subjects have higher rates of participation in clubs, societies, and other social and recreational organizations than males, with membership in purely friendship and social groups being limited almost exclusively to women. Kivett and Scott (1979) examine the leisure activities of 418 elderly residents of rural Caswell County, North Carolina. Eighty-five percent of the subjects rate television viewing as their favorite pastime. This corroborates Hoar's (1961) study in which television viewing was also identified as a favorite pastime. Hughston, Axelson and Keller (1979) report the leisure time preferences of 150 elderly residents of a small Virginia community as being church activities (70%), cooking (45%), and gardening (43%).

Studies on Specific Activity Interests

Several studies have also been conducted on highly specific activity interests of the rural aged. Kamaiko (1965) and Winfrey (1977) discuss the success of camping for senior citizens. Burch (1966) discusses the exclusion of senior citizens from wilderness camping because of the lack of adaptation of wilderness areas for the handicapped and the elderly. In a different area of recreational activity, Hoffman (1979) elaborates the benefits of art programs for the rural elderly. According to Hoffman, art can ease isolation, promote socialization, and aid self-concept. And, finally, examining the reading needs and interests of the rural elderly, Murray (1979) suggests that non-institutionalized rural aged read primarily to learn, whereas institutionalized rural elderly read mainly to pass the time.

Rural-Urban Differences in Activity Interests

Some studies compare the attitudes and activities of urban and rural elderly persons. DeJong and Bishop (1980) note that rural persons are more resistant to receiving help than are their urban counterparts. Youmans (1962) finds only small differences in the leisure activities of urban and rural older persons, the major differences being higher participation in formal community activities for urban elderly and higher participation in informal activity (e.g., visiting friends) for rural elderly. Auerbach (1976) states that television viewing is the favorite activity of both rural and urban elderly subjects in his study. Urban subjects tend to read more newspapers, books, and periodicals, while rural subjects attend church and social clubs more often. Related to DeJong's and Bishop's (1980) assertion that the rural elderly do not as readily accept help as the urban elderly, Auerbach notes that 85% of the rural subjects in his study maintain that they need nothing.

Cohort Differences in Attitudes and Activities

Attitudes and activities may also be compared among different age groups in rural areas. Hoar (1961) analyzes differences in activity interests among persons over age 60 according to age. Blake and Lawton (1980) measure differences among rural persons over age 60 and those under age 60. In this study, persons over age 60 view senior centers as essentially recreational in nature, whereas persons under age 60 consider senior centers to be an opportunity for personal growth. Caution should be exercised in interpreting the results of studies on age differences in leisure activities. Cross-sectional studies merely describe extant differences in activities among different age groups; one should not infer from such studies that increasing age causes these changes in recreation participation patterns. Clearly, further longitudinal or time-lag study on this topic would yield insight into the changes in leisure activity among rural persons across the lifespan.

The preceding literature focuses on leisure interests rather than on evaluation of on-going programs. Research on program evaluations can provide valuable insight into how to improve recreation services for the rural aged. The following section of the paper presents descriptions of various programs serving the recreational needs of the rural aged, as well as information on evaluation of some of these programs.

3. Existing Programs of Recreation for the Rural Aged

Exercise and Physical Fitness

Exercise and physical activity programs have been conducted with a great deal of success with the rural aged. An article in Chronic Disease Management (1975) extolls the virtues of an exercise program for older persons in rural West Virginia. According to Dr. Raymond Harris, keynote speaker of the First Appalachian Conference on Physical Activity and Aging, "exercise keeps people too fit to die." Fitness crusader Lawrence J. Frankel believes that physical activity "can ameliorate the plight of the aging population, enrich the lives of the sick, the disadvantaged, the hopeless--the millions living in darkness and despair, friendless and alone." Frekany and Leslie (1974) report on their experimental exercise program for senior citizens in a seven county area of east central Iowa. The researchers conclude that an exercise program can make a significant contribution to the well-being of the aged, and recommend that exercise programs be incorporated into activity programs for the aged. Gullie (1978) provides information on aquatic exercise for the aged. The author describes a recreational aquatic exercise program conducted in the small community of Cohoes, New York and lists twenty-three exercises used in this program.

In the Upper Cumberland Development District of Tennessee senior citizens who participated in activities sponsored by the district named physical fitness programming as their number one need. As a result, participants travel from

throughout the fourteen counties of the district to a central physical fitness program that is offered regularly. The program includes bicycling and walking, as well as exercise. Demand for the program exceeds available resources. In Vermont physical fitness activities are provided to formerly institutionalized elderly through Project Independence. This program sponsors swimming, physical fitness and arts activities for handicapped elderly, and all participants assume responsibility for the program's operation. Some answer telephones, some wait tables, and others keep track of administrative matters. In this way, each participant is active and responsible for the success of Project Independence. Likewise, a daily exercise program is a major component of an adult day care center located in Lima, Ohio. The center also functions as the link between the thirty or so disabled elders in the program and existing in-home service providers.

In a related vein, Gissal (1979) reports the effects of a twelve week progressive walking and exercise program on morale of older persons. Using a two group pre-test and post-test design with 29 subjects in the experimental group and 40 subjects in the control group, Gissal measures the impact of the program on residents of two small towns of southeastern Wisconsin. Although tests indicate no statistically significant difference in morale scores between groups over time, participants' comments demonstrate that social, psychological, and physical benefits are derived from the exercise program. Gisall recommends that future research efforts focus on variables other than morale, such as stress and tension which can be measured by Galvanic Skin Response tests and biofeedback machines.

MacCullum (1978) describes the value of a fitness maintenance program in promoting senior citizens' involvement in outdoor recreation activities. The fitness program described by MacCullum helps its participants to gain and maintain a functional level required to enjoy outdoor recreation activities.

The rural elderly in particular can benefit from such a program in that rural persons tend toward participation in outdoor recreation activities such as fishing and hunting.

Camps

Camping activities for the elderly are promoted in numerous areas throughout the nation. Accommodations generally include lodging in cabins or an inn. Winfrey (1977) discusses the value of camping for senior citizens. According to Winfrey, senior citizens camps are supported by a host of organizations under the umbrella of Vacations for Aging and Senior Citizens Association (VASCA). Near Burlington, Vermont 150 elders enjoy a week at the Tyler Place Inn. Activities include recreational and educational programs. Campers attend for a fee of $80. The program is in its twenty-fifth year. A winter version of the camp, called the Vermont Winter House Party, is offered by the Champlain Valley Area Agency on Aging in Middlebury, Vermont. Some 70 campers attend, and engage in group discussions and indoor activities. Finally, in North Dakota a statewide camping program for elders is sponsored by churches of various denominations from across the state. Camping programs last up to a week, and may include swimming in heated pools, dance instruction and music. Approximately 60 elders attend annually for a modest fee. The program is in its fourteenth year.

Nutrition and Social Interaction Programs

Senior centers and nutrition programs operate as "community focal points" for activities involving older people in many rural communities. These centers vary widely in days and hours of operation, physical facilities and staffing. Some occupy a single room of a church, while others occupy entire abandoned schools or armories. Staff may be completely voluntary or may consist of a director, program director, nutrition director and assorted aides. Programming

may be as simple as offering a place to gather, with an occasional guest speaker, to completely programmed centers offering a variety of recreation, education and social-welfare programs.

Numerous recreational programs for the rural aged are provided as part of these coordinated nutrition and social interaction programs. The Goldenrod Hills (no date) program is one such example. In this program, named Project Rural A.L.I.V.E. (Americans Living in Varied Environments), recreational opportunities are provided for rural elderly Nebraskans as part of a nutrition and social interaction program. Recreational activities in this program include group discussions, games such as bingo, and watching movies. The effects of this program on the physical and psychological well-being of its participants were examined, and it was found that program participants have higher life satisfaction (as measured by Life Satisfaction Index-Z) and higher levels of social interaction than a control group of subjects not participating in the program. Kohles (1973) also describes the rural A.L.I.V.E. program in Nebraska. According to Kohles, programs of nutrition and social interaction "decrease the amount of medical care and increase the life satisfaction of senior citizens." The rural A.L.I.V.E. program described in these reports serves elderly Nebraskans of east Thurston County, Nebraska.

A similar program for elderly residents in a rural area of Kentucky is described by the Northeast Kentucky Area Development Council, Inc. (1971). This group reports that recreational activities and nutrition programs can be means of fostering social interaction and enhanced well-being among the elderly. Recreational activities in this program include listening to records, oral reading, discussions, live music by seniors, poetry reading, art demonstrations, social events, hobbies, discussions, and holiday celebrations. According to the authors, recreational activities help to attract people to the meals program;

they also state that participants are happier and socialize more as a result of the program.

Similarly, Simonsen (no date) highlights some of the recreational aspects of meals programs for elderly persons in rural Idaho. The report indicates that the provision of meals may not only promote proper nutrition, but may also be a form of social recreation for people. According to Simonsen, the meals program helps alleviate the problems of isolation and loneliness for many rural elderly persons in Idaho.

In Washoe County, Nevada, native American elders at a nutrition project funded by the Older Americans Act began teaching Indian dances, songs and rhythms to native American children in the evenings at their senior center. A local elementary school applied for and received travel funds for cultural enrichment under Title IV of the Older Americans Act. The children have the opportunity to learn and increase appreciation of their culture, while the elders contribute valuable knowledge that preserves the culture.

In rural southern Mississippi programs are offered in centers located in various locations in the fifteen county area serviced by the Southern Mississippi Area Development Council. Participants are involved in the Older Americans Actfunded nutrition program, as well as in a cultural enrichment program funded by the National Endowment for the Humanities.

The Kentucky River Area Development District has engaged itself in several programming efforts that benefit its elderly citizens. Using Heritage Conservation and Recreation Service funding, the district has constructed swimming pools, community centers, and parks that are used extensively by the elders of the area.

Also in Kentucky the Northeast Kentucky Area Development District has embarked on numerous innovative projects to benefit their elderly. Drawing on the natural resources of this farm area, transportation is now provided in

vehicles that are run on 90% alcohol, at approximately one-half the price of gasoline. Local corn is purchased and distilled into fuel, and the remaining mash sold to feed companies. In addition, senior centers in the area are partially heated by solar greenhouses. Drawing again on the natural resources of the area, older men and women grow vegetables and houseplants in these greenhouses. Not only do these provide productive activity for the participants, but the operation actually makes money for the centers. These programs are indicative of how local talents and resources can be mobilized to provide affordable, dignified, leisure activities for the nation's rural elderly.

Community Service Programs

In addition to combined nutrition and social interaction programs, recreational programs are also provided as part of community service programs for the rural aged. An example of such a program is the C.A.S.A. Project (Community Activities for Senior Arkansans). Arkansas Scientific Associates (no date) describe their extensive senior center and outreach services, noting that recreation is an important service for the rural elderly. In a similar vein, Ford (1976) weighs the merits of a coordinated service program for elderly residents of rural Gadsden County, Florida. Recreational activities provided in this program serving over 500 persons include dancing, cards, and other games. The author concludes by recommending that the program be continued and expanded.

Norris (1978) describes senior center programs in rural Franklin County, New York, where there are eight full-time multi-purpose adult centers. Reed (1970) outlines a community activities program for aged persons in a five-county area in rural Idaho. Recreational activities provided in this program include dances, bus trips, picnics, parades, and pot-luck dinners. Thompson (1976) details the HOPE (Helping Older People Enthusiastically) program of predominantly

rural DeSoto County, Florida. Holiday celebrations and other parties are a significant part of this program and comprise part of the recreation component.

Germane to community service programs serving the recreational needs of the rural aged, the West Virginia Commission on Aging (1977) presents a progress report on senior centers in West Virginia. In 1977, West Virginia had 216 satellite centers. This report documents an increase in use of senior center services. As an example, Marion County Senior Citizen Centers experienced a one-year increase in membership from 1,429 to over 2,600. The report also describes the role of senior centers in providing recreational activities such as games, parties, and trips, as well as in providing other services such as transportation, legal aid, and health care.

Other reports describe more specific recreational programs provided to the rural elderly. Stough (1974) discusses recreational programs provided by churches. Stough describes a church program labelled "adult education" in rural Oklahoma, with over 700 enrollees and thirty volunteer instructors participating in activities with a heavy emphasis in the arts. Beaver and Elias (1980) assess a twelve-week experimental painting class for community-based marginal elderly. According to the authors, the art activity helps these relatively shy and isolated older persons by increasing social interaction, feelings of self-worth, senses of increased confidence and independence, and by stimulating creativity and sensory awareness.

Yet another focus of recreation-related programs for the rural aged has been on reaching isolated older persons. Along these lines, Burkhardt (1970) describes a free bus system provided for rural aged persons in West Virginia. Burkhardt reports that the number of trips made for social and recreational purposes increased due to the implementation of the transportation services. Hirzel (1977) shares a senior companion program being implemented in the rural

counties of St. Mary's, Calvert, and Charles in Maryland. In this program, elderly volunteers work with frail and ill elderly persons in order to stimulate interest in new activities and hobbies as well as to provide companionship for these frail older persons. In addition, the volunteers benefit from the program by getting out and keeping busy themselves. Volunteers are paid and receive compensation for transportation costs.

Labanowich and Andrews (1978) detail the development of a model for the delivery of leisure services to the homebound elderly. The authors discuss a program conducted in Fayette County Kentucky, in which leisure services appeared to contribute toward an improvement in the quality of life of the homebound aging.

4. Factors Affecting the Provision of Recreation Services to the Rural Aged

Transportation

Transportation is one of the single most influential factors affecting the success of recreational services to the rural aged. Miko (1980) and the National Association of Area Agencies on Aging (1978) declare that adequate transportation is vital to the success of recreation programs for the rural elderly. According to the Carter Administration, (1979) transportation is a particularly significant problem to the rural elderly, as "45% of the rural elderly do not own an automobile." Grant (1980), studying the recreational interests of older people, finds safety and transportation as the major concerns of the potential elderly participants. Furthermore, Kivett (1979) cites transportation deficiencies as a major obstacle to social activity intervention programs for the rural aged.

Larson and Youmans (1978) also point out the importance of transportation in providing programs of recreation for the rural aged, particularly to women who live alone. In a survey of 200 elderly households in rural Powell County,

Kentucky, 50% of the survey respondents maintained that if a senior center were to exist, they would need transportation in order to reach the facility. Similarly, Loveland (1979) identifies transportation as a high priority area for recreation programs for the rural aged. Means, Mann and Van Dyk also report that 50% of their study's subjects cite transportation as a barrier to the use of human services.

Notess' (1978) study focuses specifically on rural elderly transportation markets. Notess points out that a significant proportion of the elderly in rural areas are isolated from social service and recreation centers, yet special transit vehicles serving the elderly carry only a small percentage of those in need. A useful handbook, Rural Rides, is published by the United States Department of Agriculture, describing the operation of rural transportation systems.

Attitudes

The attitudes of rural older persons also affect the provision of recreation services to this population. Indicative of rural attitudes, 45% of a sample of urban elderly indicate a need for money, while 85% of a sample of rural elderly maintain that they need nothing in a study by Auerbach (1976). Notess (1978) reinforces the meaning of this discrepancy by stating that an obstacle to recreation services for the rural aged is their tendency to reject anything considered to be charity, such as free rides and free meals. Similarly, Nash (1977) and Reiss (1979) refer to the rural older person's suspicion about government intervention programs as a barrier to service provision. The National Association of Area Agencies on Aging (1978) also cites mistrust of federal programs as an obstacle to providing leisure services for the rural aged.

Berry and Stinson (1977) point out a peculiar twist in how attitudes of the aged affect recreation service provision to this population. In this study of

185 service providers and 751 elderly consumers in 15 states. 78.4% of the elderly stated that they get enough recreation, whereas only 12.4% of service providers said that the elderly in their area get enough recreation. Perhaps an obstacle to many recreation programs for the rural aged is that the rural aged have different views on their recreation needs than do the service providers. This raises the issue of recreation providers being sensitive to local values, needs and attitudes.

Another aspect of rural elderly's attitudes meriting consideration is the degree to which they perceive activities as being meaningful. Ward (1979) assesses the attitudes of older persons and the affect of these attitudes on recreation service provision and participation. According to Ward, perceived meaningfulness is a determining factor of the older person's participation in activities.

The recreation needs and interests of the local older population are certainly important elements in recreation program design. As referenced earlier, the recreational interests of the rural aged may vary from area to area. It is, consequently, very difficult to make generalizations about leisure interests for all rural elderly persons; it is all the more important to examine the activity interests, and underlying values and attitudes of a population before initiating a program of activities for them.

Publicity

Berry and Stinson (1977) and Miko (1980) note that the degree of the older person's awareness of services is a factor affecting the provision of these services. Inadequate publicity of available programs can often lead to the demise of recreational programs for the rural aged. Of course, effective publicity depends upon client identification and outreach. The ability of service providers to locate older persons in need of services can be most difficult. Resistance to intervention programs and the geographic dispersion of the

rural population are two significant problems related to locating rural older persons in need of recreation services.

Socio-Economic Status and Life Situation

Living conditions and socio-economic status also affect the provision of recreation services for the rural aged. While approximately one-third of America's elderly live in a rural environment, almost half of all elderly citizens who live at or below the poverty level are rural residents. In 1975 it was estimated that approximately 50% of the rural elderly existed on an income of $5,000 or less. The median income of a rural family with an elderly head-of-household was only $5,136 in 1975, compared to $6,436 for their urban counterparts (Harbert and Wilkinson, 1979). Improvements to social service programs and facilities are slow because of these economic circumstances, and the generally low tax base on rural lands. Complicating prospects for improved programming and facilities is the relatively simpler local governmental structure in many rural areas. As Steinhauer (1980) observes, local jurisdictions tend to lack the bureaucratic "sophistication" necessary to seek and administer outside funds, and to handle the enormous paperwork obtaining these funds entails. Moreover, improvements to social service programming and facilities are unlikely to come about through outside funding, i.e., state and federal governments, because of a fairly pervasive (though not universal) antipathy toward "outside intervention."

Nor should one overlook type of residence as a factor affecting the types of recreation services to be provided. In addition to farm and non-farm rural aged, institutionalized rural elderly need to be considered. Unfortunately, scant research has been undertaken on the recreational needs of this sub-population. Murray (1979) examines the reading preferences of institutionalized and non-institutionalized rural elderly people. He finds, not surprisingly, that the institutionalized aged are more restricted in their reading pursuits because

they are unable to obtain suitable reading materials. This is the more unfortunate because these elderly tend to undertake recreational reading as a primary means to fill time.

Ethnic-Cultural Diversity

Ethnic and cultural differences as factors affecting the provision of recreational services have not been extensively explored. The limited research available serves to underscore the need to clarify the roles ethnic and cultural differences may play as determining factors of recreational programming for the rural elderly. Lambing (1972) investigates the leisure-time activities of 101 Black retired Floridians, ages 78-105, and is especially concerned with the effects of socio-economic status on their activities. Lambing reports that the number of leisure activities engaged in is related ($r=.59$) to socio-economic status, meaning that leisure activities tend to increase or decrease as socio-economic status increases or decreases. This study also indicates that the leisure pursuits of Black and Caucasian elderly within socio-economic levels are very similar. The one exception is that Black retired professionals tend not to participate heavily in sports, while other studies show that retired Caucasian professionals do participate in sports.

Watson (1980) provides an interim report on an on-going study of 1,783 frail Blacks and Whites, 80 years of age and older, living in what he calls the "Black Belt" of the United States (Virginia, South Carolina, Georgia, Alabama, Mississippi and Louisiana). He says that these states, plus North Carolina and Tennessee which he omitted from his study for fiscal reasons, account for nearly two-thirds of all Black Americans. Watson is examining the relationships between activities of daily living (ADL), age, agitation, loneliness, morale, and other personality dimensions. He finds no significant relationship between age and agitation and loneliness. Rather, ADL is the more

important predictor of signs of frailty. With decreasing ADL is associated declining morale, increasing negative attitudes toward self and greater expressed life dissatisfaction. Race differences within these findings have not yet been determined.

According to Bastida, (1980) the rural minority aged are in greater need of community services than urban minority elderly. Bastida bases this conclusion on a study of 300 minority aged persons from an urban area and two rural areas within the same region in the midwestern U.S. The Goldenrod Hills Community Action Council (no date) also alludes to the effects of race and ethnic background on recreation services for the rural aged. In a recreation program for the elderly in rural east Thurston County, Nebraska Caucasians, Winnebago Indians, and Omaha Indians each show different activity interests. This corroborates Vinson and Gallagher's (1980) assertion that ethnic and cultural traditions should be considered in planning recreation programs for the rural elderly.

Further research is needed on the rural minority elderly, especially on rural Hispanic and Asian elderly where research is particularly scarce. We do not know the importance of ethnic and cultural differences on recreational programming for the rural elderly. Inadequate information about minority rural elderly populations can lead to no program designs or inappropriate program designs or the adoption of those programs serving Caucasian rural elderly without consideration of differences. Inappropriateness of activity programs for rural minority elderly might be a factor contributing to this population's observed underutilization of recreation services.

Sex Differences

Women can be viewed as a "minority" group, even though in number they represent the majority of elder persons. Several studies indicate that the recreational needs and interests of older rural women differ from those of

men. In this regard, Hooyman and Scott (1979) state that rural older women are disproportionately more likely to suffer from social isolation, inadequate transportation, and other problems. Recreation has been shown to play a major role in alleviating such social isolation. Interestingly, Youmans and Larson's (1977) study of 399 older persons in Powell County, Kentucky indicates that 45% of female respondents emphasize a need for recreational activities compared to only 29% of male respondents.

On the other hand older men are sometimes functionally a minority. Jacobs (1974) focuses on the special problems of involving men in senior center programs. According to Jacobs, there are aspects of senior centers that inhibit male participation, including a predominantly female orientation, with programs catering to female interests and the center's emphasis on the "leisure ethic," which may conflict with the "work ethic" that many older rural men identify with.

Educational Level

Educational level of service recipients is also a factor affecting service provision. It has also been relatively overlooked in the literature, and there is scant information from which to derive generalizations. The Goldenrod Hills Community Action Council (n.d.) alludes to the problems of attempting educational or cultural activities that are inappropriate to the local citizenry, in this case working class Native Americans and Caucasians. On the other hand, such activities can be beneficial to the participants if carefully implemented with sensitivity to the local culture. Overall, while the degree of its importance has not been firmly established relative to recreation for the rural elderly, it seems reasonable to suggest that the educational attainment levels of would-be participants constitutes an important design consideration.

Health Status

Health status of service recipients does affect recreation service provision to the rural aged. Activities and programs need to be adapted to the functioning level of participants. In this regard, Burch (1966) and Vinson and Gallagher (1980) mention that architectural barriers can inhibit the participation in recreation services of rural older persons who are less healthy. Burch discusses the exclusion of the elderly from participation in wilderness camping because of the lack of planning in adapting these areas for the handicapped and the aged. However, such retrofitting is sometimes cost-prohibitive, and the 1979 Rural Strategy Conference recommended that compliance with section 504 be waived in such circumstances to prevent bankrupting existing programs.

Geography

As mentioned earlier, population dispersion and distance are realities of rural living. The geographic dispersion of the rural elderly is a prohibitive factor in the provision of recreation services. The National Association of Area Agencies on Aging, (1978) and Israel and Landis (1926) cite substantial problems in providing recreation services in rural areas due to the lower population density of these areas. Israel and Landis (1926) noted that the lower population density of rural areas increases the costs of recreation programs over 50 years ago. Hunter, Macht and Mahoney (1980) and the National Association of Area Agencies on Aging (1978) concur, and note the shrinking tax bases of many rural areas.

Climate can affect recreational programming directly and indirectly. Snow and icy roads may inhibit many rural older persons from attending recreation programs during the winter. On the other hand, warm weather in rural areas of the sunbelt makes a wide range of activities feasible for older persons to engage in year-round. Of course, the popularity of various sports and activities

also differs from region to region.

System Considerations

Even the bureaucratic climate can affect program provision. Both Steinhauer (1980) and the U.S. Senate Special Committee on Aging's (1977) hearings list several problems in the use of Older Americans Act funds which relate to providing recreation programs for the rural aged; among them are: cumbersomeness of program rules and regulations. fear of elimination of programs if federal funding ceases. and inadequacy of programs to meet the needs of all rural elderly persons.

In addition to these considerations, characteristics of staff also affect recreation service provision to the rural aged. According to DeJong and Bishop, (1980) rural service providers differ from their urban counterparts in terms of level of training and size and variety of functions. Although an abundance of research on this topic does not exist, attitudes, education, socio-economic status, sex, and race and ethnic background of service providers are all factors which potentially can affect recreation programs for the rural aged.

5. Approaches to Meeting the Recreational Needs of the Rural Aged

Transportation

As noted earlier, transportation is a fundamental concern in providing recreation programs for the rural aged. Provision of transportation has been shown to promote the rural aged's use of recreational services (Burkhardt, 1970). Several studies and articles have set forth recommendations for transportation for the rural elderly which, if enacted, would facilitate more effective provision of recreational services.

The 1979 National Rural Strategy Conference (Ambrosius, 1979) recommends the enactment of legislation to coordinate transportation services, including school buses, in order to facilitate maximum use of limited transportation

services in the rural environment. Arkansas Scientific Associates (no date) recommend the development of efficient transportation systems to bring rural elderly persons to and from senior centers. Another suggestion from the Arkansas study is that senior centers be located in downtown areas which are most accessible for people. The U.S. Department of Agriculture has issued a booklet, Rural Rides, which provides detailed suggestions for the initiation and operation of rural transportation systems.

Notess (1978) presents an informative discussion on transportation and its impact on providing recreational services to the rural aged. According to the author, many rural older persons desire to ride on vans or buses only with people they know. Notess states that sociability among van riders is a factor which can increase participant enjoyment and the use of a recreation program.

In addition to the creation of bus or mini-bus routes to address the transportation needs of the rural elderly, alternative designs should be considered. The coordination of elders who own and drive cars with those who do not has proved successful in many areas. Furthermore, funds not specifically directed toward addressing transportation needs might be available as a corollary to other programs. An example of this is the provision of transportation funds for "Senior Aides" by some of the national organizations who operate Senior Adult Service Employment programs under Title V of the Older Americans Act. A demand transportation service has been successfully implemented in five rural counties in Maryland, employing fifteen "Senior Aides" to drive their private automobiles. Mileage reimbursement is provided as part of the Title V grant.

Another approach to addressing the need for adequate access to recreation programs by the rural aged is the use of mobile centers to provide recreational services. Recognizing the problems of transporting rural aged persons to and

from recreation centers, it is often desirable to have mobile centers that serve different areas within a region during different days of the week. Relatedly, Murray (1979) recommends bookmobile visits to nursing homes in order to serve better the recreational reading needs of rural institutionalized elderly.

A parallel concept is that of roving activity specialists. Due to the geographic dispersion of the rural elderly, programs are often conducted on a small scale, i.e., a relatively low number of participants and staff. For programs to be conducted on a larger scale, they would often have to include a geographic area so large that transportation to and from the center would not be feasible for intended service recipients. One disadvantage of the small scale programs is that program participants may oftentimes be exposed to only a limited range of activities, given the limitations of a small staff. A solution to this problem is to have activity specialists who visit different centers within a region on different days of the week. In this way, centers might have a music specialist one day, an art specialist another day, and so on. Roving activity specialists could help enrich the lives of the rural aged by exposing program participants to a wider range of activities than would otherwise be possible.

Citizen Input and Natural Focal Points

A recommended approach for dispelling negative attitudes toward recreation services is to give the rural aged themselves a greater voice in planning, implementing, and evaluating recreation programs. Bley, Dye, Jensen and Goodman (1972), Hoffman (1979), Ansello (1980), and Weadley and Scheidt (1980) all emphasize the desirability of giving the rural aged a greater voice in planning and evaluating recreational services. Grant's (1980) study demonstrates the importance of obtaining feedback from planners, community members, and other professionals in planning effective recreational facilities and programs for

the aged. Coward (1979) recommends that in delivering services, people significant in the lives of rural elders be included. The inclusion of family members and close friends can increase the impact of the services and make them more efficient, and so Coward discusses the desirability of family-oriented programming for the rural elderly.

Another approach to meeting better the recreational needs of the rural aged is to elicit the cooperation of churches and religious organizations. Karcher and Karcher (1980) state that the church is the most trusted institution of the rural aged. The authors state that outside programs need to tie in with the rural church. Many community activities are church-related, and the church is the most widely participated-in social organization for the rural aged. Though Karcher and Karcher speak to church-higher education cooperation, their recognition of the vital importance of the rural church is instructive. They outline several cooperative roles for the rural churches to stimulate the development of leisure activities for the rural aged, to assist in grant solicitation, and to use college students as volunteers in providing services to the elderly.

Studies and articles by Auerbach (1976), Thompson (1976), Reiss (1979) and Pihlblad, Hessler, and Freshley (n.d.) support the observation of the importance of church and religion in the lives of the rural aged. Stough (1974) presents case studies of church-sponsored recreation programs for the aged. According to Stough, religious institutions are a convenient meeting place, a location for social contacts and recreation, and oftentimes a sponsor of senior citizens clubs. Murray (1979) recommends that large print books of light spiritual reading be available to satisfy the reading interests of the rural aged, and that these be developed in conjunction with church-sponsored programs. Reiss (1979) states that rural people tend to congregate in churches, fire departments, grange halls, county fair grounds, town commons, and community

centers. These places would appear to be natural focal points for the delivery of leisure services to the rural aged.

Publicity and Outreach

Means, Mann and Van Dyk (1978) maintain that the rural older people in greatest need of services may not be receiving them. The authors discuss the need for service providers to "reach out" to the isolated rural older persons. Outreach services have been one approach that has been helpful in attempting to increase program usage. Outreach can be useful in increasing isolated older people's awareness of recreational opportunities. Notess (1978) recommends that outreach programs are more effective when the service provider visits the client's home and wins the trust of the client and his family. The Voice-a-Gram Program (Administration on Aging, 1976), a program whereby isolated elderly and their families exchange prepared messages on tape cassettes, is an example of an outreach service which can help reduce the loneliness of isolated older people and increase their awareness of recreational opportunities. Hirzel (1977) describes a senior companion program conducted in three rural counties of Maryland in which elderly volunteers visit frail and ill elderly persons in order to stimulate the isolated elderly's interest in new activities and hobbies as well as to provide companionship to these persons. Clearly, outreach services can be helpful in attempting to meet the recreation needs of the isolated rural aged.

Other means of program publicity were suggested at a 1979 rural strategy conference (Ambrosius, 1979). These include radio interviews, speeches, news articles, and regular columns in rural newspapers.

A related concern is publicizing programs, both through the use of mass media, and the use of community groups. Effective program publicity can help eliminate wasteful duplication of services caused by lack of awareness of existing programs. In addition, effective publicity can help increase the rural

aged's use of recreation services. Perhaps the most effective means of publicity is the establishment of sound, meaningful programs, such that participants are motivated to recommend the services to their peers.

Related to publicity and increasing participants' awareness of existing programs is the need for preretirement leisure counseling for the rural aged. Nash (1977) cites the need for comprehensive preretirement counseling to prepare the rural elderly to avail themselves of opportunities. Vinson and Gallagher (1980) also cite the need for leisure counseling for rural older persons. Such counseling can serve several purposes, helping rural older people become more aware of existing recreational opportunities, and also assisting people to make appropriate choices in use of leisure time and to remove psycho-social barriers against engaging in leisure activities.

System Improvements

Overcoming bureaucratic constraints, and for that matter related fiscal constraints, can be accomplished at times through greater cooperation among agencies, the sharing of resources, human and material. Coward (1979) proposes the coordination of different communities and different agencies within a community in providing services. In a related vein, Vinson and Gallagher (1980) state that communication between public and private recreation service providers should be improved.

A study by Hughston, Axelson, and Keller (1979) suggests that senior centers provide more activities during early morning hours. In this study of older persons in a small Virginia community, 20% of the subjects indicate that 7 a.m. to 9 a.m. is the best time for them to be out.

Myths held by service providers concerning the capabilities of elders can also be a barrier to the provision of recreation services to the rural aged. Coward (1979) maintains that myths about rural people tend to prevent service development. Berry and Stinson (1977) recommend that there be a

"consciousness raising" among providers of services to the elderly to dispel myths about aging.

Program Design

Jacobs (1974) sets forth suggestions regarding the involvement of men in senior center programs. Jacobs suggests that activities be provided that are related to male interests, like sports, that opportunities for volunteer work be provided, and that craft cooperatives be developed so that older men can sell wares made at the senior center.

Loveland's (1979) study of elderly participants in a rural recreation program also suggests areas for improving such programs. Those interviewed in this study recommend that rural recreation programs include physical activity, offer more constructive sedentary activities so the handicapped can be better involved, and include more "useful" activities.

The National Council on Aging (1972) asserts that although it may not be feasible to replicate urban senior centers in rural areas, it is possible to adapt the basic concepts of senior center programming to rural areas through a network of clubs and programs over a county or multi-county area. Also related to rural recreation programs is Vinson and Gallagher's (1980) suggestion that ethnic and cultural traditions of the target population be considered in program planning.

Reed (1970) reports several observations from a recreation program in Idaho related to fostering an improvement in the quality of rural recreation services for the aged. According to Reed, activities at the Idaho centers seem to be geared more to the healthiest members. The report proposes that programming be more diversified, and more small group activities be conducted so as to meet better the needs of the less healthy aged. The report also recommends the use of professional consultants to help upgrade activities and to help staff deal with problems in interpersonal relationships. Yet another suggestion made by

this report is that senior centers be used as casual gathering places, not just for planned activities. The implementation of this suggestion could help senior centers fill the need of rural older persons for a meeting place, a need that for many used to be filled by the rural general store.

Architectural Barriers

Not only is it important to remove psycho-social barriers to leisure activity, but it is also important to remove physical barriers to leisure activity. Vinson and Gallagher (1980) say that architectural barriers to recreation participation should be removed in order to insure that impaired persons can use recreation resources. Burch (1966) suggests that wilderness recreation areas be planned to take into account the special needs of the rural aged.

Regarding accessibility of programs and facilities, several pieces of federal legislation in recent years have helped to improve the accessibility of recreation programs for the handicapped aged. PL 90-480 (Architectural Barriers Act) and PL 93-112 (Rehabilitation Act) are two such laws. However, a yet unanswered question is the extent to which natural outdoor recreation areas, such as wilderness areas, need to be adapted for the handicapped. A paradox exists: the need to keep wilderness areas "untouched" and natural, yet the need to adapt them for the handicapped. Related to this issue, as an outgrowth of PL 93-112, over $4 million has been awarded to the Wood County West Virginia Parks and Recreation Commission for the development of a comprehensive recreation complex that is almost totally accessible to the handicapped. Accordingly, the 1979 rural strategy conference has recommended the waiving of section 504 regulations when compliance would be cost-prohibitive.

Funding

A very critical concern of recreation programs for the rural aged is the existence of adequate funds for program operation. One perhaps overlooked

source of operating funds is the service recipients themselves. In a study conducted by Youmans and Larson (1977), 43% of 399 survey respondents say that they would be willing to pay to help support a center that would provide recreational services. Indeed, as the rural elderly have been shown to be reluctant to partake in anything viewed as charity (Notess, 1978), the provision for payment could increase usage. Related to the notion of self-support of programs, Norris (1978) discusses money raising events for centers such as rummage sales, raffles, and craft and bake sales.

Government funds are vital to the existence of many rural recreation programs serving the aged. According to Hunter, Macht and Mahoney (1980), the 1978 amendments to the Older Americans Act legislate that state agencies spend in rural areas 105% of the amount spent in fiscal 1978 for social and nutrition programs, and multi-purpose senior centers. In that multi-purpose senior centers play a substantial role in providing recreation for the aged, this may mean more available funds for recreation programs for the aged in rural areas.

Of particular interest to recreation programs for the rural elderly are the White House Rural Development Initiatives, which provide funds for ten demonstration congregate housing projects that include community space and social programming; also, other recent efforts include a demonstration project to deliver social services via satellite service centers; an increase in public service employment opportunities from 93,000 in 1977 to 225,000 in 1979 (for needed staff); federal support for rural downtown revitalization; and provisions for improved public transportation in rural areas.

Funding remains basic to the provision of recreation services to the rural elderly not only because such provision is more costly in a rural area, but also because the local tax base is smaller. These conditions necessitate imaginative use of public and private resources, and thoughtful, and innovative coordination of existing resources and programs. Such efforts require community involvement.

Local resources that should not be overlooked include churches, banks, merchants, ceramic clubs and shops, police. community colleges, boards of education, libraries, undertakers, insurance salespersons, farmers, grain cooperatives, and volunteer fire companies. On the national level, resources can be obtained through the Department of Agriculture, the Department of Transportation, the Department of Energy, the Department of Education, the Department of Commerce, the Department of Labor, the Department of Interior, the Department of Health and Human Services and the Administration on Aging. When addressing the recreational needs of the elderly in a rural environment, it is important to mobilize the resources of local elders, community leaders, family and the kinship network as planners; to coordinate any and all acceptable public and private, local and national resources; and to develop innovative uses of existing resources to address issues which may be peripherally related to their mandates, but which can be channelled to serve the recreative needs of the rural aged.

6. Summary, Conclusions and Recommendations

Studies on the recreational interests of the rural aged demonstrate the awesome diversity of these people. The various studies cited in the first sections of this paper substantiate that the recreational pursuits of rural elderly persons vary in different regions and according to sex, different socio-economic, racial, and ethnic characteristics. The primary conclusion to be drawn from these studies is that the rural elderly comprise a heterogeneous population. In planning recreation programs for a given rural aged population, it is imperative, therefore, to conduct a thorough needs assessment before initiating any program and to involve local citizenry in the planning process. It is dangerous to make gross generalizations about the activity interests of such a diverse group. The characteristics and quirks of each group and community being served need to be considered.

Several studies refer to the resistance of some rural elderly to any programs that they consider charity. In addition, some researchers state that some rural elderly are suspicious about any government intervention programs, no matter how well-intentioned. This report recommends that sincere efforts be made by outreach workers to win the trust of rural older persons, their families, and their close friends. Such outreach efforts can aid in the success of activity programs for the rural elderly.

Frequently, recreation programs for the rural aged are provided in conjunction with established nutrition or community service programs. Descriptions and evaluations of these programs indicate that recreation can have a significant impact on the well-being of rural older persons. Although a number of evaluative studies are of limited significance due to constraints in the research methodology they employ, the composite picture these studies present is that recreation participation can help improve the lives of rural older persons in various self-conceptual and functional ways.

Senior centers play a major role in the provision of recreational services to the rural aged. The Older Americans Act and its amendments continue to be important in providing funds for senior centers in rural areas. Likewise, churches in the rural environment seem to have major roles in providing social and recreational outlets for the rural aged. Several studies indicate that for many rural elderly, church-related activities are their only form of social participation. Thus, several reports recommend that recreation services can have a greater impact on the rural aged if recreation programmers cooperate or tie in with local churches and religious organizations.

Transportation remains an over-riding issue in recreation programming, being repeatedly cited as a significant or the most significant factor in the provision of recreation services to the rural aged. Inadequate transportation is oftentimes a major obstacle to the provision of recreation services to the

rural aged. In order to alleviate transportation problems, this report recommends that: public transportation in rural areas be expanded; wherever possible, rural senior centers provide door to door transportation for program participants; and all of the community's transportation services, including school buses, be coordinated to meet better the transportation needs of the rural aged.

The geographic dispersion of rural elderly persons poses several problems for service provision: difficulty in transporting persons to and from centers; difficulty in obtaining adequate funding for programs for a given area due to the low tax base provided by a lightly populated area; and, difficulty in providing varied programs for a small target population. Recommendations to alleviate these problems include: the use of mobile centers as opposed to stationary recreation programs housed in a particular building so as to increase program accessibility; the use of roving activity specialists so that varied programs can be offered; and the use of fund-raising activities to supplement government funds for programs.

In addition, of course, would-be participants need to know of recreational opportunities. The rural aged need to be made aware of recreational possibilities and service providers need to be able to locate persons in need of services. This report notes a variety of outreach mechanisms, and believes preretirement leisure counseling can further assist in meeting these needs.

Physical and architectural barriers inhibit the rural elderly's participation in some recreational programs, particularly outdoor recreation programs. Facilities and programs need to be adapted as much as possible so as to facilitate their use by frail and handicapped senior citizens.

In general, the provision of recreation programming for the rural elderly would be enhanced by the increased competency of those responsible for designing and administering such programs. Specifically, the local citizens who are

responsible for the provision of services should receive training in resource development, interagency cooperation, senior center management, program development, use of planning committees, and in mechanisms for obtaining local input. This training would help to insure that local needs are being met, that local resources are being most effectively and imaginatively used, and that those responsible for programming would be able to compete effectively (should they desire to) with their urban counterparts for the scarce resources that are available. Further, training of these local residents would, de facto, introduce local values, needs and attitudes into the system, eliminating the need to hire outside personnel potentially unacceptable to that rural environment.

In summary, this report's suggestions attempt to narrow the gap between recreation's potential and its reality with respect to rural elderly.

7. Recreation Needs of and Services for the Rural Elderly: An Annotated Bibliography

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The editors gratefully acknowledge the assistance of Ms. Nina Lansky in the compilation of this bibliography.

Administration on Aging. Let's end isolation. (Publication No. 129). Washington, D.C.: U.S. Department of Health, Education, and Welfare, n.d.

This government pamphlet discusses programs designed to serve the needs of isolated older persons: transportation services, telephone reassurance, friendly visiting, in-home services, and outreach services. These may be primary sources, or may be backup elements necessary to insure the success of a recreation program.

Administration on Aging. Voice-A-Gram: Prescription for loneliness. Aging Magazine, 1976, 5, 261-262.

Loneliness is a major problem for the rural elderly because of geographic separation from friends, relatives, and services. This report describes the use of "Voice-A-Grams," tape cassettes, to exchange prepared messages between isolated elderly and their families. This program seems to have been effective in reducing the loneliness of the elderly persons studied.

Ambrosius, G.R. A report on national rural strategy conference to improve service delivery to rural elderly. Spencer, Iowa: Iowa Lakes Area Agency on Aging, 1979.

This report on services to the rural elderly includes policy recommendations in several recreation-related areas. With regard to transportation, the conference recommends the enactment of legislation to coordinate transit services, including school buses, in order to facilitate maximum use of limited transportation resources. As for outreach, the conference recommends the use of radio interviews, speeches, news articles and regular columns in rural newspapers as means of publicizing outreach services. Concerning health, the conference recommends decentralized services, including mobile units as one solution to the problem of program accessibility. With regard to nutrition, the conference recommends that compliance with section 504 should be waived where compliance would be cost-prohibitive and that agencies should seek funds to improve service accessibility wherever possible.

Anonymous. West Virginia project backed by physicians. Chronic Disease Management, April, 1973

This article discusses the First Appalachian Conference on Physical Activity and Aging, held in Charleston, West Virginia. In this conference, West Virginians aged 62 to 93 demonstrated physical activities they regularly participate in as part of a health maintenance program. According to the keynote speaker, Dr. Raymond Harris, "exercise keeps people too fit to die." Fitness crusader Lawrence J. Frankel stated that physical activity "can ameliorate the plight of the aging population, enrich the lives of the sick, the disadvantaged, the hopeless--the millions living in darkness and despair, friendless and alone."

Ansello, E.F. Special considerations in rural aging. Educational Gerontology: An International Quarterly, 1980, 5(4), 343-354.

The author suggests that rural elderly can be considered survivors of a post-figurative subculture, having been socialized to values, needs and attitudes different not only from those of their urban counterparts but also from those of younger rural residents. This conception is shown to have implications for program design and implementation. The author states that recreation and other service interventions must consider the needs, values and attitudes of this postfigurative subculture, being careful to incorporate important elements of the subculture, such as informal support systems of friends, and the rural church, into needs assessment, program initiation and on-going evaluation.

Arkansas Scientific Associates. An evaluation of C.A.S.A. Project (Community Activities for Senior Arkansans). Arkansas Farmers Union. (National Clearinghouse on Aging, SCAN Social Practice Resource Center, CF 000 135).

This report describes a community services program for rural elderly persons in Arkansas. Recreational activities provided by senior centers and outreach workers are a major component of the program. The report, indicating that recreation is an important service for the rural elderly, attributes failure of some senior center programs to poor transportation or poor location, and provides several program recommendations to help insure success of rural senior centers. These include an admonition against "frills" in senior center programs, the authors maintaining that rural elderly are often-times "turned off" by fancy extras; the suggestion that senior centers be located in downtown areas which are most accessible for people; and the development of efficient transportation systems to bring people to and from the centers.

Auerbach, A.J. The elderly in rural areas: Differences in urban areas and implications for practice. In L.H. Ginsberg (Ed.) Social work in rural communities: A book of readings. New York: Council on Social Work Education, 1976.

Auerbach outlines several basic problems of the rural elderly: transportation, health, isolation, employment, and housing. Further, he compares rural and urban elderly and offers implications for practice by combining the results of two studies, one from Chicago and the other from rural southern Illinois. The two groups are compared in terms of income, demographics, housing, transportation, nutrition, and leisure activities. With regard to the latter, television viewing is the favorite activity for both groups. The urban elderly, however, tend to read more newspapers, books, and periodicals, while the rural elderly attend church and social clubs more often. The two groups also see their needs differently. Some 45% of the urban elderly state a primary need for money, whereas 85% of the rural elderly say they need nothing. Additionally, Auerbach discusses health, environment, housing, and the special problems of minority rural aged. In this regard, rural churches seem especially suited for the provision of recreational services for the rural elderly.

Barnett, G. A comparison of leisure activity preferences between residents of a senior citizen's housing project and members of a senior citizen's club. Master's Abstracts, 1975, 13, 190.

Barnett's research of the leisure activity preferences of older persons shows, among other things, that the study's subjects prefer activities in which they had participated as youth. The implication for programming recreation services for the rural aged is that service providers should build upon recreation interests the rural aged pursued earlier in their lives, more than trying to introduce "new" or unfamiliar activities.

Bastida, E. The rural minority elderly: In greater isolation and need. Gerontologist, 1980, 20(5), 62 (Abstract).

This study reports data collected on 300 minority persons aged 60 and over from an urban area and two rural areas within the same region in the midwestern U.S. The rural minority elderly were found to be in greater need of community services than urban minority elderly. Bastida presents recommendations related to planning and policy-making for services for the minority elderly in small towns and rural areas.

Beaver, M. and Elias, B. Enhancing the well-being of the marginal elderly through art appreciation. Gerontologist, 1980, 20(5), 63 (Abstract).

Beaver and Elias discuss a twelve-week experimental painting class for community-based, marginal elderly. According to the authors, the art activity helped these relatively shy and isolated older persons in several areas: increased social interaction, increased feelings of self-worth, increased confidence and independence, and stimulation of creativity and sensory awareness.

Berry, C.G. and Stinson, F.S. Service consumption patterns and service priorities of the elderly. (Administration on Aging, Department of Health, Education and Welfare, Contract No. HEW-105-74-3104). Washington, D.C.: Lawrence Johnson and Associates, Inc., June 1977.

The objectives of this study include: to provide profiles of actual and desired service consumption by the elderly, and profiles of service provision; and to identify unmet service needs and service priorities. Berry and Stinson interview 185 service providers and 751 consumers in 15 states, in both urban and non-urban residential areas. With regard to leisure and recreation, this study indicates a discrepancy between the views of service providers and consumers. Only 26.8% of the elderly state they do not visit with friends as frequently as they like, while 85.4% of service providers think that most elderly persons do not visit friends as often as they like. Another finding is that 78.4% of the elderly state that they get enough recreation, but only 12.4% of providers believe this to be so. Among the conclusions of the report is that service providers inaccurately hold myths about the plight of the aged. This report recommends that there be a "consciousness raising" among providers of services to the elderly to dispel myths about aging. The report also recommends increasing the elderly's awareness of available services.

Blake, B.F. and Lawton, M.P. Perceived community functions and the rural elderly. Educational Gerontology: An International Quarterly, 1980, 5(4), 375-397.

This paper reports research on perceived community functions (PCF), the contributions which rural elderly believe various services, facilities and other features of their community are making toward their well-being, as well as the potential role these can play is satisfying their needs. The authors assess how various community services do contribute and could contribute to needs for personal maintenance, personal development, personal relations and recreation, as perceived by rural elderly and by rural younger persons in southern Indiana. Among the findings: rural elderly perceive social/recreation activities as contributing to their recreation needs but not to the other three needs; rural elderly look to senior centers for both maintenance and recreation needs but not for personal development nor personal relations; in contrast, rural younger persons perceive community services, etc., in different ways from their older counterparts. This PCF assessment demonstrates, among other things, the importance of involving rural elderly in the planning and evaluation of rural recreation programs.

Blazey, C.H. An analysis of the relationship between health and medical costs and leisure time activities of aged residents in South Dakota. Unpublished doctoral dissertation, University of Oregon, 1971.

The purpose of this study, conducted in South Dakota, a predominantly rural state, is to determine if health and medical costs are significantly reduced in geriatric facilities that have functioning leisure programs. Blazey studies the relationship between health and medical costs, and recreation programming. Amidst a complexity of findings, the author concludes that leisure time programs neither lower nor raise medical costs.

Bley, N., Dye, D., Jensen, K., and Goodman, M. Clients' perceptions--key variable in evaluating activities for elderly. Gerontologist, 1972, 12, 79. (Abstract)

In this paper, presented at the 25th Annual Meeting of the Gerontological Society, Bley states that elderly recipients of recreational activities are infrequently asked to evaluate these leisure services. The paper describes an evaluation process whereby members of a senior center respond to a questionnaire. Bley et al. emphasize the importance of allowing rural elderly, whose needs are so different from their city counterparts, to voice their recreational needs. By conducting needs and personal assessments of the clientele to be served we can better ensure meaningful recreation programming.

Burch, W.R. Wilderness: The life cycle and forest recreational choice. Journal of Forestry, 1966, 64, 606-610.

Data gathered by Burch and the Outdoor Recreation Resources Review Commission (ORRRC) indicate that the elderly do not take part in wilderness camping. Burch states that since trends indicate that the elderly do not participate in wilderness camping, planners do not usually consider the needs of the elderly in planning wilderness recreation areas. PL 90-480 (Architectural Barriers Act) and PL 93-112 (Rehabilitation Act) have implications for the recreational use of wilderness areas by the aged. Both of the afore-mentioned laws deal with accessibility of facilities and programs to the handicapped. However, a yet unanswered question is the extent to

which natural outdoor recreation areas (such as wilderness areas) need to be adapted for the handicapped. A paradox exists: the need to keep wilderness areas "untouched" and natural, yet the need to adapt them for the handicapped. In a related vein, as an outgrowth of PL 93-112, over $4 million has been awarded to the Wood County, West Virginia Parks and Recreation Commission for the development of a comprehensive recreation complex that is almost totally accessible to the handicapped.

Burkhardt, J.E. Transportation and the rural elderly. In E. Cantrill and J. Schemelzer (Eds.), Transportation and aging: Selected issues. Washington, D.C.: U.S. Government Printing Office, 1970.

Transportation is often a key component of recreation services for the rural aged. The author describes a study conducted in rural West Virginia in which a free bus system was provided for rural aged persons. Burkhardt reports that the number of trips made for social and recreational purposes increased due to the implementation of the transportation services.

Carter Administration. Small community and rural development policy. Washington, D.C.: The White House, December 20, 1979.

This report begins by stating, "Problems resulting from the isolation of being poor or old in rural America can have a particularly virulent effect on both body and spirit"(p.2). It goes on to say that the lack of public transportation is a particularly significant problem to the rural elderly, as "45% of the rural elderly do not own an automobile." Noting these problems, the Carter report sets out specific "Action Agendas" to meet needs in the areas of housing, health, water and sewer, education, social services, job employment, economic development, energy, transportation, and capacity building. Of particular interest to recreation programmers for the rural aged are the White House Rural Development Initiatives, which provide funds for ten demonstration congregate housing projects that include community space and social programming; also, other recent efforts such as a demonstration project to deliver social services via satellite service centers; an increase in public service employment opportunities from 93,000 in 1977 to 225,000 in 1979 (for needed staff); federal support for rural downtown revitalization; an agreement among DOT, HEW, CSA, ACTION, FMHA, and DOL to improve public transportation in rural areas, including training 1,500 CETA personnel as drivers, mechanics, and dispatchers; and the passage of the Nonurbanized Public Transportation Program (Section 18).

Chapin, R. (Producer). Serving the rural elderly. Minneapolis: Minnesota Resource Center for Social Work Education, 1980. (Film). Abstract in Gerontologist, 1980, 20(5), 282.

This film focuses on the provision of social services to the rural elderly. The intended audience of the film includes social service providers, students, and faculty. Strategies for serving a rural elderly population are explored.

Coward, R.T. Planning community services for the rural elderly: Implications from research. Gerontologist, 1979, 19, 275-282.

Coward notes that the demographic shift toward non-metropolitan residence for the elderly, combined with an increased awareness of the need for adequate services to the rural elderly, have increased the demand for service

development, including recreation services, in rural areas. In planning community recreation services for the rural elderly, the following should be considered: there is great diversity in rural America; the age range of the elderly, a 30-40 year span, means serving "young" and "old" aged; myths about rural folks prevent service development; rural service programming depends upon developing cooperation among different rural communities and among different agencies within a community; in delivering services, include people significant in the lives of rural elders for they can increase the impact of the services and make them more efficient. In this regard, Coward discusses family-oriented programming for the rural elderly.

DeJong, F.J. and Bishop, C.J. The view from the country. Gerontologist, 1980, 20 (5), 91 (Abstract).

According to the authors, the rural elderly and service providers differ from their urban counterparts. DeJong and Bishop state that rural older persons have a higher incidence of poverty and have different attitudes toward giving and receiving help than the urban aged. The authors also state that rural service providers differ from their urban counterparts in terms of level of training and size and variety of functions. The authors suggest that these factors be considered in designing and evaluating public policy for the rural elderly.

DiGrino, B.N. and McMahon, M.M. The Adlerian theory of early recollections: Its relationship to leisure attitudes and participation among the elderly. In Ray, R.O. (Chair). Leisure and aging. Symposium presented at the National Recreation and Park Association Annual Congress, New Orleans, 1979.

The purpose of this study is to examine the relationships among early recollections of older persons, their leisure attitudes, and recreation participation patterns. Interviews were conducted with 90 elderly residents of a small west-central Illinois community with a population of 19,600 and a senior citizens population of 2,078. This study reports that early childhood recollection is not significantly related to leisure attitudes or to hours of recreation participation. The data of this study indicate a significant positive relationship between leisure attitude scores and weekly hours of participation in recreational activities. The authors conclude that the relatively small size of the sample may have contributed to finding a lack of statistical significance.

England, J.L., Gibbons, W.E. and Johnson, B.L. The impact of a rural environment on values. Rural Sociology, 1979, 44, 119-136.

This study assesses the effects of rural value systems on individuals' values. The researchers' findings indicate that the value of several personal attributes increase as rurality increases (rurality is defined in terms of population density, population size, percent of local labor force in agriculture, and percent of local labor force engaged in mining). The attributes related to this definition of rurality are kindness, physical development, honesty, religiosity, self-control, intellectualism, social skills, status, and creativity. The value of independence is shown to increase only for the single criterion of percent of labor force in mining. The authors' findings concerning the degree to which the attributes of intellectualism, creativity, social skills, status and independence are valued by a rural population are of particular interest to the designer of recreation programs for the rural elderly in that they are inconsistent with the stereotypical view of rural value systems.

Ford, Q.E. A model project for aging: Coordinated service program for senior citizens in a rural county. Quincy, Fla.: Gadsden County Senior Citizens Council, Inc., 1976.

The coordinated service program discussed in this monograph includes a recreation program incorporating such activities as dancing, cards, and other games. Because of the success of this program which serves over 500 persons, the author recommends that it be continued and expanded. This model project illustrates the value of recreation programs and services for the rural aged.

Frekany, G.A. & Leslie, D.K. Developing an exercise program for senior citizens. Therapeutic Recreation Journal, 1974, 8, 178-180.

This study describes an experimental exercise program conducted with senior citizens in a seven county area of east central Iowa. The researchers conclude that an exercise program can make a significant contribution to the physical and social well-being of the elderly. The authors recommend that exercise programs should be part of activities programs for the aged.

Gissal, M.L. The effect of a twelve week progressive walking and exercise program on morale for adults sixty years and older. In Ray, R.O. (Chair). Leisure and aging. Symposium presented at the National Recreation and Park Association's Annual Congress, New Orleans, 1979.

Gissal's study employs a two-group, pre-test and post-test design, with 29 subjects in the experimental group and 40 subjects in the control group. Subjects are residents of two small towns of southeastern Wisconsin. Analysis of variance tests indicate no significant difference in morale scores between the groups over time. However, participants' comments indicate that they derived social, psychological, and physical benefits from the exercise program. Gissal recommends that future research efforts focus on variables other than morale. One particular variable identified by Gissal is stress; the effect of exercise on stress and tension can be measured through utilization of galvanic Skin Response Tests and biofeedback machines.

Goldenrod Hills Community Action Council. Project Rural A.L.I.V.E. (Americans Living in Varied Environments): A comparative study of older Caucasians, Omaha Indians, and Winnebago Indians in no cost, nutritious meals and socialization. AoA grant 93-P-75025, National Clearinghouse on Aging, SCAN Social Practice Resource Center, CF #000 357, no date.

This study examines the feasibility of providing a nutrition and social interaction program to rural elderly Nebraskans in east Thurston County. The recreational interests of the program participants are also examined. The data indicate that bingo is the favorite activity of Caucasian elderly; while a mixed group of Winnebago Indians and Caucasians display little interest in activities; and a group of Omaha Indians prefer Indian games and visiting. With regard to use of leisure time, the authors report that most of the program participants seem to enjoy the following activities: looking at photograph collections, talking about grandchildren, bingo, and visiting the sick among their peers. The authors report that the following activities were not participated in enthusiastically: watching movies, discussing current events or books, and listening to records of talking books. The authors conclude that it seems nearly impossible to interest older individuals in pursuing new pastimes.

Goldenrod Hills Community Action Council. Project Rural A.L.I.V.E. (Americans Living in Varied Environments): An evaluation. AoA grant 93-P-75025. National Clearinghouse on Aging, SCAN Social Practice Resource Center, #CF 000 387.

This study examines the effects of a planned nutrition and social interaction program (Project Rural A.L.I.V.E.) on the physical and psychological well-being of rural elderly Nebraskans. Project Rural A.L.I.V.E. involves a nutritional and recreational program conducted at three senior centers in east Thurston County, Nebraska. The provision of education in nutrition and opportunities for social interaction are among two of the major objectives of Project Rural A.L.I.V.E. Participants in Project Rural A.L.I.V.E. had higher life satisfaction (as measured by Life Satisfaction Index-Z) and higher levels of social interaction than a control group of subjects not participating in Project A.L.I.V.E.

Grant, E.A. A survey of the recreational interests of older adults. Gerontologist, 1980, 20 (5), 114 (Abstract).

This study reports a survey of older persons conducted in order to facilitate the planning of an outdoor recreation area for older people. The results of the survey indicate that safety and transportation are major concerns of potential elderly recreation participants. In this survey, respondents indicate greatest interest in group activities and entertainment, such as picnics, concerts, bingo, and festivals. According to Grant, this study illustrates the importance of obtaining feedback from planners, community members, and other professionals in planning effective recreational facilities and programs for the aged.

Gullie, R. Cohoes elderly swim their way to fitness. New York State Recreation and Park Society Journal, 1978, 1, 8-10.

This article provides specific information about an effective recreational aquatics exercise program that can be conducted with the rural elderly. Gullie describes a program conducted in the small community of Cohoes, New York. The author lists twenty-three exercises used in his program conducted at the Cohoes Community Center.

Gunter, P.L. The rural aged and leisure activities: Problems and issues, a research study. In R.O. Ray (Chair). Leisure and aging. Symposium presented at the National Recreation and Park Congress, New Orleans, 1979.

According to Gunter, lack of public transportation, economic difficulties, and health problems are major obstacles facing recreation programs for the rural elderly. He interviews 250 rural elderly to examine the perceived recreation needs of older rural residents. Gunter concludes that the rural aged are a very heterogeneous group. However, the majority of his subjects are satisfied with their lives; do not consider health or economic problems to interfere with recreational pursuits; and do prefer intergenerational versus age-segregated activity

Harbert, A.S. and Wilkinson, C.W. Growing old in rural America. Aging, January 1979, 36-40.

The article points out some of the hardships faced by the rural elderly, as well as the limitations that must be accommodated by those responsible for planning services for them. Among the issues: the elderly compose 20% of the total rural population, rural areas are experiencing a shrinking tax base due to an out-migration of youth (also creating diminishing natural support systems), the rural elderly are on the average poorer than their urban counterparts, and the rural elderly suffer the most from lack of adequate transportation. Sensitivity to these issues is critical to the success of programs for the rural elderly.

Hirzel, D. Elderly will help elderly. Washington Star, March 7, 1977, page 19.

This article describes the Senior Companion Program of the rural counties of St. Marys, Calvert, and Charles in Maryland. In this program, elderly volunteers work with frail and ill elderly persons in order to stimulate interest in new activities and hobbies as well as to provide companionship for these frail older persons. In addition, the volunteers benefit from the program by getting out and keeping busy themselves. Volunteers are paid and are compensated for transportation costs.

Hoar, J. A study of free-time activities of 200 aged persons. Sociology and Social Research, 1961, 45(2), 157-63.

The researcher investigates the leisure activities of 200 elderly in Oxford, Miss. Hoar reports that increasing age is related to a narrowing of activities and change in type of activities, and increasing age is related to an increase in the amount of leisure time, especially for males. Characteristic activities of males in their sixties include gardening, television watching, and fishing or hunting. For males in their seventies activities include resting, television watching, gardening and reading, and for males in their eighties loafing, reading and gardening are preferred activities. For females, characteristic activities for those in their sixties and seventies, include reading, visiting, and watching television, and for females in their eighties activities are reading, resting, gardening and sewing.

Hoffman, D.H. Arts and the rural elderly. In D.H. Hoffman and H. Lamprey (Eds.) Rural aging. Lexington, Ky.: University of Kentucky, 1979.

Hoffman states that art can be a purposeful activity for the elderly. It can provide time-filling enjoyment, a role in life, and an outlet for creative expression. Art programs for rural elderly can ease isolation, promote socialization, and aid self-concept. Although he states that there are many organizations which can provide arts programming, Hoffman notes that there are certain components which must go into organizing a good program. These include systematic needs assessment to determine what kind of program potential participants desire, the psycho-social goals of the program, and the best means of planning and implementation. Hoffman also outlines several arts programs located throughout the country which provide innovative programming.

Hooyman, N. and Scott, N. A mutual help model for rural older women. Gerontologist, 1979, 19, 91. (Abstract).

The authors note that the problems of old age are multiplied by being female and rural. The authors state that rural older women are disproportionately more likely to suffer social isolation, experience inadequate transportation, and have other problems. These facts point to a need for increased provision of recreation opportunities for rural older women that are not dependent on transportation. Recreation is an important service in alleviating social isolation and can be an essential element of a mutual support network designed to alleviate psycho-social problems of rural older women.

Hughston, G., Axelson, L. and Keller, J.F. Leisure time preferences of the elderly: Family ties, responsibilities, and reflections. In Ray, R.O. (Chair). Leisure and aging. Symposium presented at the National Recreation and Park Association Annual Congress, New Orleans, 1979.

This study examines the leisure time preferences of 150 elderly residents of a small Virginia community. The most prevalent leisure preferences include church activities (70%), cooking (46%), and gardening (43%). An interesting result of the study is that twenty percent of the subjects indicate that 7-9 a.m. is the best time for them to be out. However, according to the authors, centers for the aged generally do not conduct many activities during the early morning hours. The authors conclude that further research should be conducted on the leisure activity preferences of both the healthy and the impaired aged.

Hunter, J.B., Macht, M.W. and Mahoney, K.J. Amendments to the Older American's Act: Focusing attention on rural elderly. Gerontologist, 1980, 20 (5), 130 (Abstract).

According to the authors, the 1978 amendments to the Older American Act legislate that state agencies spend in rural areas 105% of the amount spent in fiscal 1978 for social and nutrition programs, and multi-purpose senior centers. In that multi-purpose senior centers play a substantial role in providing recreation for the aged, the Older Americans Act amendments have implications for increasing funds for recreation programs for the aged in rural areas.

Israel, H. and Landis, B.Y. Handbook of rural social resources. Chicago, Ill.: University of Chicago Press, 1926.

Though published over 50 years ago, this text makes a number of still pertinent observations regarding rural recreation programming. In a chapter devoted to organized rural recreation, the authors discuss problems of rural recreation that continue to be applicable to recreation programs for the rural elderly. Israel and Landis observe that rural recreation programs have higher per capita costs than comparable programs in urban settings because of lower population density, fewer participants per staff and other factors; and have difficulty in attracting highly qualified recreation personnel (with college and graduate training) to rural settings. Also, rural areas continue to have lower tax bases than urban areas from which to fund the construction of municipal facilities.

Jacobs, B. Involving men: A challenge for senior centers. Washington, D. C.: National Council on the Aging, 1974.

According to Jacobs, aspects of senior centers that inhibit male participation include a predominantly female orientation, with programs catering to female interests, and an emphasis on the "leisure ethic" which may conflict with the "work ethic" many older men believe in. To alleviate these inhibiting factors, Jacobs suggests that activities related to male interests (e.g., sports) be provided, that opportunities for volunteer work be given, and that craft cooperatives be developed so that older men can sell wares made at the senior center.

Jirovec, R. Self-help programs among the rural aged. Gerontologist, 1980, 20 (5), 131 (Abstract).

This study examines two self-help programs designed to improve the lives of the rural aged. Evaluation data on the two programs indicate that one program had failed and the other had succeeded. Jirovec discusses the implications of the findings for the development of local leadership, documentation, and technical assistance.

Kamaiko, J. Camping with the elderly person. Unpublished manuscript, 1965.

Kamaiko discusses several guidelines for the design of senior citizen camping programs and components to be included in such a program. These components include exercises and walking, dramatics, singing, story telling, social dancing, active games, swimming, boating, and fishing. This report points out that camping is a potentially enjoyable recreation experience for elderly persons in rural areas when consideration is given to their special needs and interests.

Karcher, C.J. and Karcher, B.C. Higher education and religion: Potential partners in service to the rural elderly. Educational Gerontology: An International Quarterly, 1980, 5(4), 409-421.

The authors review the literature regarding the roles of religion in the lives of rural elderly, and of the rural church in the provision of social services for the elderly. Noting the centrality of the rural church in older persons' values as well as the meagerness of its finances, Karcher and Karcher maintain that these churches nonetheless provide the needed infrastructure through which positive individual and community changes can be made. They note that in cooperation with institutions of higher education rural churches can be instrumental in providing continuing education services, in conducting research on rural elderly's program needs, especially as affected by racial and socio-economic differences; and in developing community resources such as recreation and leisure activities. The authors also suggest that rural black churches are perhaps more effective in these pursuits because of their greater organizational know-how developed through civil rights movement participation.

Keating, N. and Marshall, J. The process of retirement: The rural self-employed. Gerontologist, 1980, 20, 437-443.

The authors compare, among other things, the recreation orientations of 25 farm couples and 24 non-farm couples retiring in rural Alberta. The subjects report the most desirable aspects of retirement are increased time for involvement in hobbies and for traveling. However, 70% of the sample view making friends as relatively unimportant; and most of the subjects see no need to develop new hobbies or to join clubs once retired. This study points to important considerations in providing leisure services for the rural aged. Recreation services designed for the rural elderly should build upon past interests, and should not assume that this population, more than other populations, is interested in developing new leisure activities or new social relationships.

Kim, P.H. The low income rural elderly: The undeserved victim of public inequity. Gerontologist, 1980, 20 (5), 138 (Abstract).

Kim addresses the inequity of social services to the rural poor elderly and the non-transferability of urban service models into rural areas. Kim recommends that "equity" be the principal rule in service provision to the elderly.

Kim, P.H. and Lamprey, H. A bibliography on rural aging. Lexington, Ky.: University of Kentucky, 1979.

This report is an annotated bibliography on literature dealing with the rural aged through 1979. The bibliography focuses on aspects of mental health, and lists leisure and recreation as one subject related to mental health. References with relevance to recreation and the rural aged are included. In total, some 553 references are listed.

Kivett, V.R. Discriminators of loneliness among the rural elderly: Implications for intervention. Gerontologist, 1979, 19, 108-115.

Kivett, analyzing loneliness among rural North Carolina elderly, finds it to be related to sex, widowhood, poor vision, self-rated health, and problems with transportation. She discusses social activity as a means of combating loneliness among the rural aged, mentioning senior centers and day care centers to help provide the social activity and recreational opportunities needed by the rural aged to overcome loneliness. Kivett cites transportation deficiencies in particular as a major obstacle to social activity intervention programs. This suggests the need for increased delivery of mobile services (e.g., bookmobiles) to rural elderly, and for recreation center-provided transportation to and from the center.

Kivett, V.R. and Orthner, D. Activity patterns and leisure preferences of rural elderly with visual impairment. Therapeutic Recreation Journal, (1980), 14(2), 49-58.

The study involved a secondary analysis of data collected in 1976-77 from a random sample of 418 rural adults aged 65-99; this analysis focuses on the 23% who rated their eyesight as either fair or poor. The favorite pastimes of these rural visually impaired aged are: television viewing (75%); church

activities (70%); having friends over (57%); sitting and thinking (56%); gardening (52%); radio (48%); and reading (43%). Only 11% of the subjects identify participation in clubs as a pastime. Kivett and Orthner make several recommendations for the provision of leisure services to these rural aged: service providers should consider the total social, educational, health, and transportation needs of the target population when planning recreation services; churches and the homes of the service recipients should be used as a focus for developing programs; leisure education should be incorporated into health programs; television and radio should be developed as communication media for the visually impaired rural aged. With regard to activity programs, the authors recommend that service recipients' spouses and other family members be involved in co-recreation experiences, so as to reinforce primary relationships of the visually impaired rural aged, and that activities that promote self-esteem be included in recreational programs. A most important recommendation is that listening-based skills and games be developed for recreational programs for the visually impaired rural aged. In order that the visually impaired not be at a disadvantage in activities, it is important that activities be developed which rely more on listening skills than on visual ability.

Kivett, V. and Scott, J.P. The rural by-passed elderly: Perspectives on status and needs. (Technical Bulletin 260). Greensboro, N.C.: University of North Carolina, 1979.

This study, conducted in rural Caswell County, North Carolina, reports data collected on a myriad of topics including employment, income, housing, health, subjective well-being, program use, and transportation, from 418 respondents aged 65-99. Kivett and Scott investigate the respondents' amount of free time available, favorite pastimes and thirteen variables thought to relate to recreation pastimes, such as level of education, age, sex, and availability of transportation. Television viewing ranks highest among favorite pastimes with 85% of the respondents indicating this as their favorite pastime activity. In addition, the authors examine variables related to amount and type of social interaction and telephoning. This study highlights some factors which help or hinder the provision of recreation services to a rural elderly population.

Kohles, M.K., Nordin, S.R., O'Connor, R.J., Patterson, R. L., Smith, P.E. and Stringer, P.R. Project Rural A.L.I.V.E.: An Evaluation. Lincoln, Nebraska: University of Nebraska, 1973.

This study examines the effects of a planned nutrition and social interaction program (Project Rural A.L.I.V.E.) on the physical and psychological well-being of senior citizens in east Thurston County, Nebraska. The acronym, A.L.I.V.E., stands for Americans Living in Varied Environments. The report includes both statistically-treated data and personal comments of the senior citizens participating in the program to suggest that programs of nutrition and social interaction decrease the amount of needed medical care and increase the life satisfaction of senior citizens who partake in them.

Labanowich, S. and Andrews, N. Development and field testing of a model program for the provision of leisure services to the homebound aging. Lexington, Ky.: University of Kentucky, 1978.

Conducted in Fayette County, Kentucky, which includes both rural areas and the metropolitan area of Lexington, this study indicates that leisure services can facilitate an improvement in the quality of life for the homebound aging. Although statistical evidence is inconclusive, agency workers' evaluations of the leisure service program support the notion that leisure services can facilitate quality of life improvements for the homebound elderly.

Lambing, M.L. Leisure-time pursuits among retired blacks by social status. Gerontologist, 1972, 12, 363-367.

This study examines the leisure-time activities of 101 Black retired Floridians, ages 48-105. In general, the results of the study show similarity in leisure pursuits for Black and Caucasian elderly within socio-economic levels. One exception is that Black retired professionals do not participate heavily in sports, while other studies indicate that retired Caucasian professionals do participate in sports. In Lambing's study number of leisure activities is related (r=.59) to socio-economic status, meaning that leisure activities tend to increase or decrease as socio-economic status increases or decreases. In planning recreation programs for the rural elderly, socio-economic status may be a more influential factor than race in patterns of leisure activity.

Larson, D.K. and Youmans, E.G. Problems of rural elderly households in Powell County, Kentucky. Washington, D. C. United States Department of Agriculture, 1978.

This report is based on interview data collected from over 200 elderly households in rural Powell County, Kentucky. The report details respondents' problems in the areas of housing, income and transportation, the latter area containing references to rural recreation. In response to a feasibility question concerning transportation and Senior Center accessibility, 50% of these rural elderly maintain that, if a senior center were to exist, they would need transportation in order to reach the facility. Women living alone and single, elderly heads-of-households report the greatest need, with married couples having the least need.

Larson, O.F. Values and beliefs of rural people. In T. R. Ford (Ed.), Rural U. S. A.: Persistence and change. Ames, Iowa: Iowa State University Press, 1978, pp. 91-114.

This paper discusses and explains the importance of values and beliefs to the rural elderly. While pointing out differences in values between the rural and urban elderly, the author emphasizes two points: 1) There is a rich diversity among rural residents, particularly between farmers and non-farmers, and 2) "Rural America differs from urban in the emphasis given to major values, value-related beliefs and behaviors, and in general outlook". Larson concludes that there are differences that exist in value systems between rural and urban areas, and that rural resident's behavior is more often guided by their values than are urban. These are important considerations in designing content and methodology of recreation programs for the rural elderly.

Loveland, N.J. Rural aged and leisure activities: Providers, a report. In R. O. Ray (Chair). Leisure and aging. Symposium presented at the National Recreation and Park Association Congress, New Orleans, 1979.

Loveland reports the results of a survey of 15 directors of recreation programs for the rural aged. The author presents descriptive data on the programs surveyed. Transportation and supplemental income are identified as high priority areas for recreation programs for the rural aged. Another component of the study involves interviews with participants (mean age of 76) in these recreation programs. The elder participants suggest that rural recreation programs include physical activity, offer more constructive sedentary activities so the handicapped can be better involved, and include more useful activities.

MacCullum, M. Outdoor recreation and the senior citizen. Leisurability, 1978, 5, 16-19.

The article describes a fitness maintenance program conducted with senior citizens in order to promote their involvement in outdoor recreation activities. The fitness program helps participants to gain and maintain a functional level required to enjoy outdoor recreation activities. Rural elderly in particular can benefit from such fitness programs in that they generally are more inclined than urban elders toward such outdoor recreation activities as fishing, hunting, and hiking.

Means, G., Mann, J. and Van Dyk, D. Reaching out to the rural elderly: Services to rural America. Human Services in the Rural Environment, 1978, 3(2), 1-6.

On the basis of a survey of 122 Arizona residents over age 60, the authors cite several factors which serve as barriers to use of human services, including recreation, by the rural elderly: a) lack of knowledge of available services, 57.3% indicate no knowledge of 22 selected social services and programs; b) transportation, a barrier for 50% of the survey respondents; c) ill health, a problem for 31.3%; and d) self-identity, which 18.7% cite. The authors conclude that those rural older persons in greatest need of services may not be receiving them and that service providers must "reach out" to the rural elderly.

Miko, P.S. Addressing the recreation needs of the rural elderly. Unpublished manuscript, 1980.

The paper examines the availability, acceptability, and accessibility of recreation programs and facilities for the rural aged. It also looks at the elderly's awareness of available programming. Poverty, illiteracy and inadequate transportation are cited as limiting factors in the provision of such services.

Murray, M.S. Variables affecting the reading preferences of institutionalized versus non-institutionalized rural elder adults. (Doctoral dissertation, North Carolina State University at Raleigh, 1979). Dissertation Abstracts International, 1979, 40, 1815A.

Reading is a recreational activity. This study identifies the reading needs and interests of the rural elderly, and the relationship between the identified reading preferences and the residential life-style of the subjects

institutionalized or non-institutionalized. Murray reports that the rural elderly's reading pursuits are restricted by vision problems, unavailability of large print reading materials, and preference for other activities. The institutionalized rural aged are more restricted in reading pursuits for they are unable to obtain suitable reading materials. The author suggests that non-institutionalized rural aged read to learn, whereas the institutionalized read mainly to pass time. He offers recommendations to better meet the reading needs of the rural aged. These include bookmobile visits to nursing homes and room-to-room book carts within the facility; and for both institutionalized and non-institutionalized rural elders, the availability of large print books, mainly spiritual reading, and newspapers or newsletters of interest to rural older adults.

Nash, B.E. Rural elderly. Unpublished manuscript, 1977.

Nash states that over 5.4 million elderly reside in rural areas. He notes that serving the rural elderly presents unique problems to the service deliverer. Some of these problems include the difficulty of locating persons in need of services and an attitude of suspicion towards outside intervention among rural aged. Adding to this difficulty is the lack of research data on rural elderly and the frequently inappropriate generalization of data on urban elderly to rural elderly by those responsible for programming for the rural elderly. Nash notes specific deficits in programming to meet the needs of rural elderly including the need for preretirement counseling, the lack of proper lighting and access in the design of many senior centers, the lack of training of staff in senior centers, insufficient knowledge about resources, and inadequate financing of programs. He also notes the need for comprehensive preretirement counseling to prepare the rural elderly to avail themselves of opportunities.

National Association of Area Agencies on Aging. Rural affairs committee report. Washington, D. C., 1978.

This publication discusses several problems of the rural aged which affect the provision of leisure services; a) geographic dispersion of the population; b) absence of public transportation; c) isolation; d) lack of available services; e) lack of financial resources; f) communication problems; g) mistrust of federal programs. This publication mentions, as well, potential solutions to some of these problems.

National Council on Aging. A comprehensive program for the elderly in rural areas. Washington, D. C.: National Council on Aging, 1972.

This monograph assesses the functions of the multi-purpose center, a prime source of recreation programming. Although it may not be feasible to replicate urban senior centers in rural areas, NCOA maintains that it is possible to adapt the basic concepts of senior center programming to rural areas through a network of clubs and programs over a county or multi-county area.

Norris, J. Multipurpose centers in a rural county. Aging Magazine, 1978, 18-20.

This article describes senior center programs in rural Franklin County, New York, where there are eight full-time multipurpose adult centers. Providing adequate transportation is the key to the Centers' success, since the county

lacks public transportation. The article outlines money raising events for these centers including rummage sales, raffles, and craft and bake sales.

Northeast Kentucky Area Development Council, Inc. Country gathering: A nutrition demonstration project, final report. AoA grant 93-P-75021 National Clearinghouse on Aging, SCAN Social Practice Resource Center, CF #000 351, 1971.

This study examines recreational activities and nutrition programs as means of fostering social interaction and enhanced well-being among rural elderly Kentuckians. The recreational activities in this program include listening to records, oral reading, discussions, live music by seniors, poetry reading, art demonstrations, social events, hobbies, discussions, and holiday celebrations. According to the authors, the recreational activities help attract people to the meals program. The authors also state that program participants are happier and socialize more as a result of the program.

Notess, C.B. Rural elderly transit markets. Journal of American Institute of Planners, 1978, 44, 328-334.

This study discusses the need for adequate transportation and access to information for the rural elderly in order to promote the use of recreation services. Notess declares that in rural areas a significant proportion of elderly people are isolated from social service and recreation centers. In spite of this, transit vehicles carry only a small percentage of all elderly people. According to Notess, the attractiveness of recreation services for the rural elderly depends on effective outreach programs and transportation access. He states that outreach is more effective when the service provider visits the client's home, and wins the trust of the client and his or her family and friends. Notess discusses obstacles to the use of recreation services by the rural elderly including their tendency to reject charity, such as free rides or free meals, and the desire of some elderly to ride only with people they know. Sociability among van riders is mentioned as a factor which can increase participant enjoyment and use of a recreation program.

Pihlblad, C.T., Hessler, R. and Freshley, H. The rural elderly, 8 years later: Changes in life satisfaction, living arrangements, and health status. University of Missouri-Columbia. AoA grant 93-P-57673. National Clearinghouse on Aging, SCAN Social Practice Resource Center, #CF 00 136. (N.D.)

The purpose of this study is to describe changes in the lives of a rural elderly population over an eight year period. The study focuses on the areas of household arrangements, social participation, housing, and health. Some 1,700 elderly persons in rural areas of Missouri were interviewed in 1966; follow-up interviews were conducted in 1973-74 with 568 of these subjects (representing 69% of the survivors from the original group of subjects). The subjects report low participation in formal social activity aside from membership and attendance at religious services. The female subjects are more likely than the males to participate in clubs, societies, and other social and recreational organizations. Three fourths of the subjects state that they belong to no social organizations; membership in purely friendship and social groups is limited almost exclusively to women.

One finding of the study which has implications for planning recreation services for the rural elderly is that 80% of all formal participation of these subjects was connected to religious organizations. Therefore, it seems that one means of facilitating the rural elderly's use of recreation services is to coordinate services with religious organizations.

Reed, G.R. Survey of elderly participation in community activities for aged. Western Idaho Community Action Program, Inc. (National Clearinghouse on Aging, SCAN and Social Practice Resource Center, CF 000 233), 1970.

This is a report of a community activities program for aged persons in a five-county area in Idaho. The program, serving principally rural older persons, involves a strong recreation component that includes dances, bus trips, picnics, parades and pot-luck dinners. The report has implications for those planning recreation services for the rural elderly. It observes that: a) programming should be more diversified to meet the needs of the less healthy aged; small group activities should be expanded; b) senior citizens enjoy the fellowship of eating lunch together; c) professional consultants should be available to help upgrade activities and to help staff deal with problems of interpersonal relationships; and, d) the use of centers as casual gathering places, and not just for planned activities, should be increased; this latter suggestion might allow senior centers to fill the gap formerly filled by the rural general store for a convenient meeting place.

Reiss, E.R. Rural residents and their recreation: Observations from the country. Unpublished manuscript, 1979.

Reiss discusses factors affecting recreation in rural areas and trends in rural recreation. The author mentions the significance of regional variations in rural areas; the rural residents' suspicion about government; their desire to keep things "simple and quiet," and the desire of rural people "to be asked" rather than "be told." According to Reiss, rural people tend to congregate in churches, fire departments, grange halls, county fair grounds, town commons and community centers. These places would appear to be natural focal points for the delivery of leisure services to the rural aged.

Simonsen, I. Senior meals: Improved nutrition and social association in rural America. Western Idaho Community Action Programs, Inc. (National Clearinghouse on Aging, SCAN Social Practice Resource Center, CF 000 232).

This report highlights some of the recreational aspects of meals programs for elderly persons in rural Idaho. It indicates that the provision of meals may not only promote proper nutrition, but also may be a form of social recreation for people. This report documents that the meals program help alleviate the problems of isolation and loneliness for many rural elderly persons in Idaho.

Steinhauer, M.B. Obstacles to the mobilization and provision of services to the rural elderly. Educational Gerontology: An International Quarterly, 1980, 5(4), 399-408.

Steinhauer analyzes three sets of obstacles that make the provision of services, including recreation, to rural elderly especially difficult: administrative, logistical, and compliance. The first obstacle includes the general lack of administrative sophistication in most rural governments, thereby hampering applications for funding and paperwork handling, the low rural tax base for program support, and the absence of coordination of services in sparsely populated rural areas. The second includes the lack of private and public transportation and the higher cost-per-client for rural services. The third obstacle involves compliance of services to federal mandates, such as physical accessibility requirements, which is difficult with older rural buildings and with lower capital funds. The author recommends using in-place rural values and mechanisms to overcome these obstacles, including using employable and active elderly in driver-rider programs, tying in with the field operations of non-aging organizations like the Cooperative Extension Service, and involving families and friends of rural elderly in service delivery.

Stough, A.D. Brighter vistas: Church programs for older adults. Washington, D.C.: U.S. Department of Health, Education and Welfare, Administration on Aging, 1974.

According to Stough, religious institutions can serve several important functions for the aged: being a convenient meeting place, a location for social contacts and recreation, and the sponsor of senior citizens clubs. A case study presented by Stough describes a church program labelled "adult education" in rural Oklahoma, with over 700 enrollees and thirty volunteer instructors participating in activities with a heavy emphasis on the arts.

Thompson, E.A. Planting a seed of HOPE for older Americans in DeSoto County, Florida. Arcadia, Fla.: Evangeline Lodge, 1976.

This report describes the HOPE (Helping Older People Enthusiastically) program in predominantly rural DeSoto County, Florida. The program included recreational activities such as holiday celebrations and other parties. The development and conduction of the HOPE program is discussed with emphasis on the influence of religion on the program.

United States Department of Agriculture. Rural rides. Washington, D.C.: U.S. Department of Agriculture, 1979.

This monograph is a practical handbook with suggestions on how to initiate and operate a rural public transportation system. As the success of recreation programs for the rural aged has been shown to rely upon the provision of adequate transportation, this booklet would prove useful to the planner of such programs.

United States Senate, Special Committee on Aging. Older Americans Acts Programs: A rural perspective. Huron, South Dakota: U.S. Senate, 1977.

These hearings discuss the victories and problems of the rural elderly in obtaining benefits from Older Americans Act Programs. Some of the problems discussed are: the cumbersomeness of program rules and regulations, fear of the elimination of programs if federal funding is discontinued, and the

inadequacy of programs to meet the needs of all rural elderly persons in need of services. On the positive side, these hearings also discuss how Older Americans Act Programs such as Operation Green Thumb are benefiting many rural elderly persons. The Older Americans Act is an important piece of legislation in providing funding for recreation-related services such as senior centers.

United States Senate, Special Committee on Aging. The nation's rural elderly. Washington, D.C.: U.S. Government Printing Office, 1978.

Each part of this series of 17 Senate Committee hearings conducted throughout the country during 1976 and 1977 focuses on the conditions, needs and people of different rural locales. In each hearing local rural elderly witnesses provide the basic information regarding local life styles and problems. Hearings report on such aspects of rural life as transportation, meals, programs, site selection for senior centers, senior center programming, medical facilities, and a range of other social conditions. Planners of recreation programs for the rural elderly might find the hearings conducted in rural communities with characteristics most similar to their own most instructive. The locations of these hearings were: (1) Winterset, Iowa, (2) Ottumwa, Iowa, (3) Gretna, Nebraska, (4) Ida Grove, Iowa, (5) Sioux Falls, South Dakota, (6) Rockford, Iowa, (7) Denver, Colorado, (8) Flagstaff, Arizona, (9) Tucson, Arizona, (10) Terre Haute, Indiana, (11) Phoenix, Arizona, (12) Roswell, New Mexico, (13) Taos, New Mexico, (14) Albuquerque, New Mexico, (15) Pensacola, Florida, (16) Gainesville, Florida and (17) Champaign, Illinois.

Vinson, E.A. and Gallagher, F.M. First Report: National Resource Committee for the rural and small communities recreation assessment. Unpublished manuscript, 1980.

This report addresses several points that are relevant to the design of recreation programs for the rural aged. Transportation and energy problems are the primary deterrents to recreation participation in rural areas. Communication between public and private recreation service providers should be improved. The relationship between health and recreation activities needs to be explored. Ethnic and cultural traditions should be considered in planning recreation programs. There is a need for leisure counseling for rural persons, in particular, preretirement counseling. Isolation and immobility are particular problems in providing recreation services for rural areas. Architectural barriers to recreation participation should be removed in order to insure that impaired persons can use recreation resources.

Ward, R.A. The meaning of voluntary association participation to older people. Journal of Gerontology, 1979, 34, 438-445.

This article is relevant for planning recreation programs for the rural aged. Based on interviews with 323 persons age 60 and over in Wisconsin, Ward concludes that older participants perceive certain types of activity as more meaningful when they yield feelings of achievement, creativity, or helping others. Purely social activities, such as games are seen as less meaningful by the subjects. Perceived meaninglessness of activities should be considered as it can play a role in determining the use of recreation programs by the rural elderly.

Watson, W. Older frail rural blacks: a conceptualization and analysis. NCBA Quarterly Contact, Fall 1980, 3(4), 1-2.

Watson studies some 1,800 older blacks and whites in rural sections of the southern "Black Belt" to determine the correlates of frailty. He reports a strong inverse relationship between age and activities of daily living (ADL), a strong positive relationship between ADL and mental status, and a moderate inverse relationship between age and mental status. That is, decreasing performance of activities of daily living, not age, is "more consistently and significantly related to signs of frailty in the later years" (p. 2). Especially significant for recreation designers is that with diminishing daily activities is associated significantly lower morale (Philadelphia Geriatric Center Morale Scale), significantly more negative attitudes towards one's own aging, and significantly higher levels of expressed life dissatisfaction. Watson also states that "as ADL, morale and self attitudes declined, and as the personal sense of agitation increased, there was an increasing need for mental health services" (p. 2). So, adequate recreation services can be seen as a means of minimizing the need for mental health services.

West Virginia Commission on Aging. Off our rockers: Annual progress report. Charleston, W.V.: West Virginia Commission on Aging, 1977.

This monograph devotes an entire chapter to senior centers in the largely rural state of West Virginia. In 1977, West Virginia had 53 county committees on aging which supported 216 satellite centers or outposts. The report documents an increase in use of senior center services. As an example, Marion County Senior Citizens Center experienced a one-year increase in membership from 1,429 to over 2,600. The report describes the role senior centers have in providing recreational activities such as games, parties, and trips. In addition, senior centers provide varied services such as transportation, legal aid, and health care.

Wilkinson, C. Comprehensive annotated bibliography on the rural aged. Morgantown, W.V.: West Virginia University Gerontology Center, 1978.

Of the 145 references in this bibliography, only one is identified under the heading of leisure: Overland, S. South Dakota Senior Center: A growing experience. Generations. Western Gerontological Society: Fall, 1977, 23-24.

Windley, P.G. and Scheidt, R.J. The well-being of older persons in small urban towns: A town panel approach. Educational Gerontology: An International Quarterly, 1980, 5(4), 355-373.

This interview study of 990 older residents of 18 small towns (2,500 or less) assesses the social and psychological well-being of these residents, their perceptions of 11 ecological/architectural and 3 psychosocial features of their communities, and the extent to which individual differences in mental health are predicted by these environmental perceptions. Recreational activity is considered one dimension of well-being, and the 14 environmental factors are shown to affect recreational participation.

Significant in this study is the carefully developed town panel approach to gaining access to rural elders. This methodology is instructively explained and should be thoroughly explored by those involved in recreational programming for the rural elderly.

Winfrey, C. For the aged, camp life's slower, but much like that for young. New York Times, July 16, 1977, 23 and 26.

This article documents the success of camping for senior citizens. Camps for the elderly are supported by a host of organizations under the umbrella of Vacations for Aging and Senior Citizens Association (VASCA). Camps cater both to rural and urban elderly, but are usually located in rural areas.

Youmans, E.G. Leisure-time activities of older persons in selected rural and urban areas of Kentucky. Lexington, Ky.: Agricultural Experiment Station, 1962.

The purpose of this study is twofold: to examine the use and perceptions of leisure for elderly urban and rural residents, and to set forth recommendations regarding activities for the aged. The researchers found only small differences in the leisure activities of rural and urban elderly persons. The major findings include: higher participation in formal community activities for urban elderly; higher participation in informal activity (e.g.,visiting friends) for rural elderly; virtually no difference in activity patterns for hobbies and pastimes (e.g., T.V., reading, gardening). Slightly higher participation in sports, dancing, and exploring activities (e.g., shopping) among urban elderly; slightly higher participation in hunting, fishing, and painting, for rural elderly. In summary, this study indicates that the leisure activity patterns and attitudes of rural and urban elderly persons are very similar, with only slight differences in several areas of activity.

Youmans, E.G. and Larson, D.K. Health status and needs: A study of older persons in Powell County, Kentucky. Lexington, Ky.: University of Kentucky, 1977.

Youmans and Larson's study of 399 men and women over 60 years of age identifies the health problems and needs of the elderly in Powell County, Kentucky. Figures are given for types and severity of ailments, and for availability of services. Thirty-nine percent of the rural elderly respondents indicate a need for recreational activities, including "playing games, doing crafts, or visiting." Forty-five percent of female respondents emphasize this need compared to 29 percent of the males. Of particular significance to rural programming is that of the 399 respondents, 43 percent said that they would be willing to pay to help support a center that would provide for these needs. This indicates that the elderly of this county recognize recreation as a need and are willing to pay for such services.